

## Bisques

246

### Rock lobster bisque Bisque de langouste

**Procedure:**

- |    |  | QUANTITIES          |        |
|----|--|---------------------|--------|
|    |  | 1 L                 | 5 L    |
| 1  | Crush the lobster shells in a large saucepan and warm on the range.                                | Rock lobster shells | 2–3    |
|    |  | White wine          | 200 mL |
|    |  | Fish stock          | 900 mL |
| 2  | Warm half the brandy and pour over the lobster shells. Set alight.                                 | Butter              | 80 g   |
|    |  | Onions              | 30 g   |
|    |  | Carrot              | 50 g   |
| 3  | Add the white wine and fish stock and simmer gently for 10 minutes.                                | mirepoix            | 50 g   |
|    |  | Celery              | 50 g   |
|    |  | Paprika             | trace  |
|    |  | Flour               | 6 g    |
| 4  | In another saucepan, melt the butter and lightly fry the mirepoix and paprika.                     | Tomato purée        | 40 g   |
|    |  | Cream               | 100 mL |
|    |  | Salt and pepper     | trace  |
| 5  | Cool slightly and add the flour to make a fawn roux.   | Brandy              | 25 mL  |
|    |  |                     | 100 mL |
| 6  | Add the tomato purée and stir well into the roux.  |                     |        |
| 7  | Strain the stock and gradually add it to the roux to make a smooth mixture. Simmer for 30 minutes. |                     |        |
| 8  | Strain. Add the cream, white pepper and very little salt.  |                     |        |
| 9  | Bring to simmer and add the rest of the brandy.  |                     |        |
| 10 | Pour into hot serving dishes and serve.  |                     |        |

**Notes:**

- a** Do not add the brandy until the moment before the bisque is to be served, otherwise the aroma will be lost.
- b** In classical cooking, bisques are thickened with ground rice which is used instead of the flour.
- c** Raw or cooked lobster shells may be used for the stock.