

## **Lobster Stock**

4 Lobster Bodies  
1 Cup Extra Virgin Olive Oil  
Mirepoix:  
2 onions, diced  
2 celery stalks, diced  
2 carrots, diced  
10 garlic cloves  
½ Cup Pernod  
½ Cup Brandy  
3 Cups of Dry White Wine  
1 Gallon of Fish Stock, clam juice or water  
1 Cup of Tomato Paste  
½ tsp. of Saffron  
½ tsp. Chili Powder  
1 lemon cut in half  
½ orange  
6 bay leaves  
1 tsp. Fresh Thyme  
Some Fennel Stalk

Break the lobster bodies into large chunks. Roast them with the olive oil and the garlic for about 20 minutes in a 350 degree oven.

Add the mirepoix and cook for another 10 minutes.

Use the Pernod and Brandy to flambé the lobster and then add the white wine.

After this, you can add the rest of the ingredients and cook for about 45 minutes.

Filter your stock after you have crushed the lobster bodies as much as you can.

## Maine Lobster Soufflé

### **For 8 People**

Please use the lobster stock from the previous recipe.

You will need soufflé ramekins or coffee cups of about 6 ounces which you will only fill  $\frac{3}{4}$  of the way.

Prepare the ramekins by coating the inside with butter.

Preheat your oven to 350 degrees.

First, prepare a béchamel sauce:

$\frac{1}{4}$  Lb. of Butter

$\frac{1}{4}$  Lb. of Flour

2 Cups of Milk

Prepare a roux by melting the butter, adding the flour and stirring. Add the milk and continue to cook until it is very thick. Add 1 cup of the reduced lobster stock, add salt and chili powder. When it becomes thicker in consistency, remove from the stove and add 3 Tbsp. of grated Parmesan cheese. When it cools down a little bit, add 3 egg yolks and 1 cup of chopped claw and knuckle lobster meat.

Whip 10 egg whites until they are light and fluffy; add them a little bit of time to your mixture, folding it in.

Fill up your molds,  $\frac{3}{4}$  of the way up so that the soufflé can rise.

Put it in the oven for about 15 to 20 minutes.

To make a sauce for the soufflé: whisk together some reduced lobster stock, add three spoons of butter and a splash of cognac.

When serving, make a small hole in the top of the soufflé and pour in a spoon of the sauce.