

Easy Lobster Bisque

Ingredients

- 3 lobster tails, in shells
- 1 tbsp olive oil
- 2 shallots, chopped
- 1/2 small yellow onion, diced
- 4 cloves garlic, minced
- 3 tbsp chickpea flour
- 1/4 cup white wine* (dry is best)
- 1/2 tsp hot sauce
- 1 tsp sea salt
- 1/2 tsp ground black pepper
- 1 tsp dried thyme
- 1/3 cup low sodium chicken broth
- 1 tbsp tomato paste
- 1 tsp paprika
- 1 1/2 cups lobster base (see instructions below)
- 1 cup full fat coconut milk

Instructions

1. Fill a [large pot](#) half-way with water and bring to a boil over high heat. Once boiling, add the lobster tails and boil for 8-10 minutes, or until the shells are bright red and the flesh is opaque. Remove the lobster from the boiling water and allow to cool. Reserve the water -- this will become your lobster base.
2. To make the lobster base, remove the lobster from the shell either by cutting through the shell with [kitchen shears](#) (my preferred method) or chopping in half and pulling out the flesh. Place the lobster on a cutting board and, after removing any remaining veins, chop into bite-size pieces. Throw the shells back in the water you just boiled the lobster in and boil for another 10 minutes. After 10 minutes, strain the water from the shells using a fine mesh strainer, reserving 1 1/2 cups of the base.
3. Heat the olive oil in a [sauce pan](#) over medium-high heat. Add the shallots and onion and saute until tender, about 5-6 minutes. Add the garlic and cook for an additional 1-2 minutes, until the garlic becomes fragrant.
4. Add the chickpea flour to the onion-shallot-garlic mixture and stir to combine. Cook for 2 minutes.
5. Slowly add the wine, taking care to slowly incorporate the wine into the thickened mixture. Once mixed in and smooth, add the hot sauce, salt, pepper and thyme. Cook for 1-2 minutes until this mixture becomes a thick paste.
6. Slowly add the chicken broth and deglaze the [pan](#) if any bits are sticking to the pan at this time.
7. Add the paprika, tomato paste and lobster base and stir to combine well. Simmer, uncovered, for 10 minutes.
8. Blend the mixture in a [blender](#) or using an [immersion blender](#). The mixture should be very smooth. Return the blended mixture to the pan and add in the coconut milk and lobster chunks. Taste at this time to check if any additional salt or pepper is needed. Heat through.

Recipe Notes

* Low sodium chicken broth can be used instead of the white wine if following paleo diet or to avoid using alcohol.

* This recipe has been modified to fit into a clean eating recipe. The original recipe used 1/3 dry cup sherry and 2 cups heavy whipping cream and 1/4 cup unsalted butter instead of low sodium chicken broth and coconut milk. It also included 2 tsp. Worcestershire sauce. All other ingredients and instructions remain the same.