

## Lobster Consommé

Description:

Serving Size: 12 Liters

Categories: Soups

Cost Per Liter	
\$	5.27

**Action**      **Date**      **Initials**

Created: 8/13/2012 CR

Revised:

Amount	Measure	Ingredient	Preparation Method	Product No.
2.000	kg	Lobster shells	cleaned	20-100015834
2.000	kg	Shrimp shells	if available	
0.550	kg	Onion (5)		20-100000835
0.600	kg	Fennel bulbs (3)		20-100000816
0.250	kg	Leeks (3)		20-100000820
1.200	kg	Plum tomatoes (20)		20-100000855
0.160	kg	Celery stalks (4)		20-100000813
0.002	kg	Rosemary sprigs (4)		20-100000879
0.002	kg	Thyme sprigs (4)		20-100000886
0.002	kg	Bay leaves (4)		20-100001270
2.000	kg	Egg whites		20-100000953
15.000	lt	Lobster stock	see recipe	50-100000050

### Method of Preparation:

- Run a bowl chopper and run the shells, onions, fennel, leeks, tomatoes, celery, rosemary, thyme and bay leaves through .
- Whisk the egg whites to a light foam. Add the whites to the minced ingredients.
- Add the egg white/vegetable/lobster shell mixture to COLD stock and place in a pot/kettle. Bring to a simmer very slowly, stirring the bottom of the pot to ensure egg whites don't stick to the bottom of the pot. When the egg whites cook, coagulate and start to rise to the surface, DO NOT STIR. Allow the cake to form and simmer for 45 minutes.
- Gently move the cake to one side and carefully strain through a double muslin bag.