

## Lobster Stock

Description:

Serving Size: 10 Liters

Categories: Stocks

Cost Per Serving	
\$	3.44

**Action**      **Date**      **Initials**  
**Created**      7/7/2012      CR  
**Revised**

Amount	Measure	Ingredient	Preparation Method	Product No.
10.000	kg	Lobster shells		20-100015834
0.100	lt	Vegetable oil		20-100001608
0.150	kg	Garlic heads (2)	halved	20-100000817
1.000	kg	Onions	chopped	20-100000835
0.500	kg	Carrots	chopped	20-100000811
0.500	kg	Celery	chopped	20-100000813
0.050	kg	Tomato paste		20-100001217
0.400	lt	Brandy		20-100001670
1.000	lt	White wine		20-100001689
10.000	lt	Fish fumet	see sub recipe	50-100000012
1.000	kg	Tomatoes, fresh	chopped	20-100000855
1.000	kg	Plum tomatoes, canned		20-100001218
1.000	ea	Bouquet Garni	see sub recipe	50-100000045
0.050	kg	Tarragon, fresh	leaves and stems	20-100000881

### Method of Preparation:

- With a little oil roast lobster bones in a hot oven, 400F (204C) until they change to an orange color and start to brown.
- In a pot/kettle add some oil and add the garlic, onions, carrot and celery.
- When the vegetables are golden brown add the tomato paste and continue cooking.
- Add the lobster shells to the pot. Deglaze the roasting pan with the white wine and brandy and also add to the pot.
- Add the fish fumet, fresh and plum tomatoes and bouquet garni
- Bring to a boil, reduce to a simmer. Add the tarragon.
- Simmer for 45 minutes to 1 hour. Check flavor, reduce if too light
- Strain to finish (pulverize the lobster bones to get as much flavor as possible). Do not season as this will be used for other applications