

# Lobster Stock

**Recipe for 4 persons**

## Description

A fantastic base of french cooking. This can be used for sauces, vinaigrettes, soups, you name it!

## Note

This recipe freezes very well, so feel free to make more than you need.

Make sure that anytime you flambé something that the hood vent is not turned on to avoid possible fire.

## Ingredients

### Lobster stock

- 1 Unit(s) Lobster
- 1 Unit(s) Carrot
- 1 Unit(s) Onion
- 1 Sprig(s) Celery
- 1 Head(s) Garlic
- 1 Unit(s) Green of leek
- 2 Sprig(s) Parsley
- 40 Gr Tomato paste
- 200 Gr Tomato sauce
- 4 Liter(s) Water
- 60 Ml Cognac
- 40 Ml Pastis

## Preparation

- Preparation time **60 mins**

### Preparation

Stab your chefs knife through the lobster's head to kill it quickly and then break it apart. Clean, peel and cut the vegetables into large pieces.

### Lobster stock

In a hot stock pot with oil, cook the lobster pieces until they turn red. With the help of a mudler, smash the lobster pieces to make them as small as possible.

Add the vegetables and cook for roughly 3 minutes. Add the alcohol, flambé and let the alcohol burn off. (Be vigilant for this step).

Add the tomato paste and continue to cook for 1 minute and then all the water and tomato coulis. Bring to a gentle simmer and continue to cook for roughly 1h30m.

Pass the stock through a fine mesh sieve. Set aside or reduce further to amplify the flavor.

**Bon appétit!**