



Lobster Newburg

1 lb fresh lobster meat (It will take 4 lbs of live lobster to yield this)
3 tablespoons of soybean oil
Shells from 1lb shrimp
Shells from 1lb lobster, cleaned and chopped
1/2 cup leeks, greens only, sliced thin, cleaned thoroughly
1/2 cup carrot, shredded
3 cups heavy cream
1 tablespoon tomato paste
Very small pinch of ground mace
Salt & ground white pepper to taste
3/4 cup cooking sherry
5 tablespoons Panko bread crumbs

Method:

- 1. In a sauté pan heat the oil to just about the smoking stage.**
- 2. Add the shells and sear for just a couple of minutes.**
- 3. Add the sherry and ignite. Reduce the volume by half.**
- 4. Add the vegetables, spices, cream and tomato paste.**
- 5. Simmer until the mixture coats the back of a spoon.**
- 6. Strain into another pan squeezing as much cream out as possible.**
- 7. Return to the stove, add the lobster meat and reheat just the meat.**
- 8. Pour Newburg into a casserole and top with bread crumbs.**
- 9. Brown under a broiler or a very hot oven.**

Note: This is also a fantastic sauce! Try and work it into other recipes by adding other ingredients. Also great on pasta.