



## LOBSTER BISQUE POT PIES

### INGREDIENTS

- 4 lobster tails, shells removed
- 1 cup chopped yukon gold potatoes
- ½ cup sliced carrots
- 3 cups low-sodium seafood stock
- 3 Tbs unsalted butter
- 1 tsp olive oil
- 1 sweet onion, diced
- 3 Tbs all-purpose flour
- 2 Tbs tomato paste
- ¾ cup dry sherry
- 1 cup heavy cream
- 2 ears fresh corn, cut from the cob
- ½ tsp salt
- ½ tsp pepper
- 2 sheets puff pastry, thawed

### INSTRUCTIONS

Preheat the oven to 425°F. Spray a few ramekins with nonstick spray. The size is up to you! With this recipe, I got 3 4-inch ramekins full, and 4 2-inch ramekins full. Even if you run out of puff pastry, the filling is insanely delicious by itself.

1. Add the potatoes, carrots and stock to a saucepan over high heat. Bring to a boil and cook for 8 to 10 minutes, just until the vegetables are tender. Strain the stock into a bowl and place the vegetables in a separate bowl.
2. Heat a large stock pot over medium heat and add the butter and olive oil. Add the lobster and cook it for only 2 to 3 minutes, just until slightly opaque and red. (If desired, you can add the tails in too to get more flavor, just make sure to remove all the pieces.) Remove and place it on a plate. Add the onions and thyme to the butter and olive oil and stir well to coat. Throw in a pinch of salt and pepper. Cook the onions until they are soft and translucent, about 5 minutes. Stir the flour into the onions to create a roux. Cook the roux for 3 to 4 minute until it's golden and fragrant. Add the tomato paste and stir well, cooking for another minute or so.
3. Pour in the sherry and cook until it's reduced by half. Add in the reserved stock slowly, stirring while doing so. Add in the potatoes, carrots and fresh corn. Bring the mixture to simmer so it thickens slightly. Stir in the cream. Add the lobster back into the mixture. Taste and add the salt and pepper, adding more if needed.
4. Spoon the filling into ramekins or a baking dish. Cut pieces of puff pastry to fit the tops and brush them with the beaten egg + water. Bake for 25 to 30 minutes, until the pot pie is bubbling and the pastry is golden. Serve!

