



## Featured Recipe

From: Feature Story  
**Olympic Restaurant**

### Lobster Veloute (Creamy Lobster Broth)

Category: Appetizer

#### *Ingredients:*

##### FINE MIREPOIX EQUAL QUANTITIES:

Raw Lobsters	4 each
Leek	1 piece
Carrots	3 pieces
Celery	1 bunch
Fennel	1 piece
Tomato Puree	5 ounces
Fresh Tomatoes	5 pieces

##### AS A BOUQUET GARNI:

Tarragon	1 sprig
Dill	1 sprig
Thyme	1 sprig
Bay Leaves	2 leaves
Peppercorn	½ ounce

Brandy (1 measure)	2 ounces
White Wine	1 liter
Good Quality Fish Stock	½ liter
Heavy Cream	½ liter

##### ROUX:

Flour	2 ounces
Butter	2 ounces

Lemon Juice	½ piece
Salt	1 pinch
Cayenne Pepper	1 pinch
Pepper	1 pinch



Cooked Lobster Meat	10 ounces
Carrot Parisienne	5 ounces

## *Preparation:*

Cut the raw lobster into small pieces. Heat the oil in a suitable pan, add the lobster and quickly fry until it turns bright red.

Add the mirepoix and fry together. Add the brandy, flame, burn off the alcohol. Add the tomato puree and the fresh tomatoes quartered. Moisten with white wine and fish stock, mix well. Bring to the boil, skim, add the bouquet garni, simmer for a maximum of 20 minutes. Remove the bouquet garni liquidize, pass through a fine chinois.

In a separate pan make a blonde roux, little by little add the lobster stock, bring back to the boil, and skim. Finish with cream. Correct the seasoning with salt, pepper, lemon juice, cayenne, brandy and blend to a froth.

Serve in a soup tureen garnished with carrot parisienne and cooked lobster.

