



Nantucket Lobster Chowder



Ingredients:

- 2 thawed lobster tails (5 – 6 ounces each)
- 1 Tbs. canola oil
- 5 cups low-sodium chicken stock
- ½ cup white wine
- 3 ears of corn, kernels removed, kernels and corncobs reserved
- 3 bacon slices, diced
- 1 yellow onion, chopped
- 2 large carrots, diced
- 3 celery stalks, diced
- 2 cups heavy cream
- 4 Yukon Gold potatoes, cut into ½ inch pieces
- Salt and freshly ground pepper
- 1 tsp chopped fresh thyme
- 2 tsp chopped fresh chives

Method:

1. Cut the top and bottom of the lobster shells lengthwise, and carefully separate the shell halves, pulling the lobster meat from the shells in 1 piece. Cut the shell halves in half and reserve.
2. Cut the meat lengthwise, then crosswise into bite-size pieces and refrigerate.
3. In a large pot over high heat, warm the oil. Add the reserved lobster shells and sauté until lightly browned, about 5 minutes. Add the stock, wine and corncobs, bring to a simmer and cook until reduced to about 2 ½ cups, 25 to 30 minutes.
4. In a Dutch oven over medium heat, sauté the bacon, stirring occasionally until crispy and browned, about 3 to 4 minutes. Add the onion, carrots, celery and corn kernels, and sauté, stirring occasionally, until tender, 4 to 5 minutes. Strain the lobster-corn stock into the Dutch oven, add the cream, and bring to a simmer. Stir in the potatoes, return to a simmer, and reduce the heat to medium-low. Cook until the potatoes are tender, 15 to 18 minutes. Stir in the lobster meat, salt, pepper, thyme, and chives. Cook, stirring occasionally until the lobster is heated through, about 2 to 3 minutes. Taste and adjust the seasonings.
5. Ladle the chowder into warmed soup bowls and serve immediately. Serves 4 to 6.