



Seafood Bisque with Crab, Shrimp, and Lobster



Ingredients:

- 1 TBLS olive oil
- ½ cup onion, finely chopped
- ½ cup celery, diced
- ½ cup carrots, diced
- 2 cloves garlic, minced
- 4 cups seafood stock (or vegetable broth)
- 1 cup heavy cream
- 1 cup cooked crab meat
- 1 cup cooked shrimp, peeled and deveined
- 1 cup cooked lobster meat, chopped
- 1 TBLS lemon juice
- 1 tsp Old Bay seasoning (or your favorite seafood seasoning)
- Salt and pepper to taste
- Fresh parsley for garnish

Method:

1. In a large pot, heat the olive oil over medium heat. Add the chopped onion, celery, and carrots and cook for about 5-7 minutes until they are softened.
2. Stir in the minced garlic and cook for an additional minute until fragrant.
3. Pour in the seafood stock and bring to a gentle boil; then reduce the heat and let it simmer for about 15 minutes.
4. Add the heavy cream and stir until combined. Let it simmer on low heat for another 5 minutes.
5. Gently stir in the crab meat, shrimp, and lobster meat. Cook for an additional 5-10 minutes until everything is heated through.
6. Add the lemon juice and Old Bay seasoning, then season with salt and pepper to taste.
7. Serve hot, garnished with fresh parsley on top.