



Lobster Stew



Ingredients: (for 2 persons)

- 2 Medium Lobsters
- Olive Oil
- 3 Garlic cloves
- 1 medium onion
- 3 red dried sweet peppers (Ñoras)
- 3 red fresh tomatoes
- 1 leek
- 2 Tablespoon of minced parsley
- 1 glass of white wine
- 2 glasses (500 ml) of fish broth
- Salt
- Pepper
- One handful of almonds
- One garlic clove
- 1 Tablespoon of parsley
- Toasted bread slices

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How to prepare:

Separate the heads of the lobsters and reserve. With a knife cut the bodies in medallions.

Heat a pot with a little bit of olive oil and fry the medallions, legs and with the 3 garlic cloves minced during 2-3 minutes. Reserve them in a plate for after.

Wash, clean, peel and finely chop all the vegetables.

In the same pot that we fried the medallions, bring up the heat and add the lobster's heads. Add the onion, dried peppers, tomatoes, leek and parsley and let them cook for a while (2 minutes). Add the white wine and let the alcohol evaporate (about 5 minutes more).

Add the fish broth and let cook for at least 20 minutes. With a blender, crush and mix all (heads and veggies) until you have a uniform paste. Filter to eliminate any remains of shells just until you have a smooth sauce.

Reheat the sauce and add the medallions. Cook during 20 minutes and add salt and pepper to your taste.

While we wait, in a mortar, prepare a paste with almonds, the garlic clove, the parsley and one toasted slice of bread. Add this to the sauce with the medallions and legs.

Let cook for 2 more minutes and serve in plates with 2 toasted bread slices rubbed with garlic.

That's it!. Enjoy!!

Papa Rafa