

Lobster and cod soup with mushrooms and white chocolate

Recette pour 4

Description

A delightful and comfort sea soup recipe!

L'idée déco

Make absolutely sure not to overcook the lobster and the cod.

Ingrédients

Soup stock

- 2 Liter(s) Fish stock
- 55 Gr White chocolate
- 2 Unit(s) Egg yolk
- 350 Gr Frozen cod
- 2 Unit(s) Green onion
- 1 Bunch Enoki mushroom
- 6 Head(s) Shiitake mushroom
- 2 Unit(s) Italian tomatoes
- 10 Sprig(s) Chives

- Butter
- Salt and pepper

Lobster & court bouillon

- 1 Large Lobster
- 1 Large Carrot
- 1 Unit(s) Leek
- 2 Sprig(s) Celery
- 2 Leaf(ves) Bay leaf
- 0.50 Unit(s) White onion
- 3 Unit(s) Cloves
- 1 Liter(s) Vegetable stock

- Butter
- Salt and pepper

Préparations

Temps de préparation **30.00 mins**

Mise-en-place

Prep/cut all the vegetables and make sure they are ready for the court bouillon.

Have the fish fumet ready.

Mince the shiitake and the spring onions. Cut the enoki mushrooms 3cm down from the head.

Cut the tomatoes into brunoise.

Small cubes for the cod, an inch is perfect.

Finely chop the white chocolate.

Lobster court bouillon

In a big stewpot, covered with water, throw all the vegetables in, with the cloves, the thyme and the bay leaves. Bring everything to a boil then lower it down to a simmer for 10-12mins.

Once the broth has cooled down, toss the lobster in, bring to a boil then gently cook for 10-12mins. Once it is cooked, put them under cold water to stop them from over cooking. Take the shell off while making sure to keep some pieces intact for decoration and plating.

Soup

In a medium stewpot, bring the fumet to a boil then off the heat add the crushed white chocolate and the off yolk until the mix is purely homogenous.

Colour the shiitake in a pan with a little bit of oil and butter, then throw them in the fumet alongside the tomatoes.

Slowly cook for 3-4 mins on low heat. Make sure the proteins (cod) are cooked enough and to your likings.

Afterwise add in the lobster. Rectify.

Plating

Tomatoes at the very bottom of the bowls, the chives and then some lobster chunks here and there. Pour in the soup, at the table, à l'anglaise, if you wish.

Bon appétit!