

# Stock

## Lobster Stock

### INGREDIENTS

- 4 Lobster bodies, split lengthwise.....
- 2 tablespoons Extra-Virgin Olive Oil.....
- 1 White Onion, peeled and chopped.....
- 1 Leek, white part only,.....
- 1 Carrot, peeled and chopped.....
- 1 Celery stalk, chopped.....
- 1 sprig of fresh Thyme.....
- 10 Black Peppercorns.....

### PREPARATION

- Remove the head, sack, tomalley, and roe from the lobster bodies (discard the head sack but freeze the tomalley and roe for another use). Break or cut the bodies into 4 to 6 pieces each..
- Heat the oil in a large pot over medium low heat until it spreads over the bottom of the pan. Add the Onion, Leek, Carrot, and Celery and cook, stirring occasionally, until the vegetables are tender, about 20 minutes. Add the Lobster bodies and thyme and cook, stirring frequently, until the Lobster shells begin to turn red, about 5 minutes. Add water to cover, about 6 cups, and gently simmer, skimming as needed, until the stock is flavorful, about 1 hour. Ladle the stock through a fine sieve and set aside to cool. Store the stock in the refrigerator for up to 1 week or in the freezer for up to 6 months.

**Makes about 5 cups.**