

GOURMET FISHING

Season I - Episode SS5



SUPER-SHORTS



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Lobster Stock



Host, Chef & Guide, David Murray



Lobster Stock



3/4 Cup Chicken Broth

2 Lobster Tail Shells

Fresh Thyme Sprigs

2 Bay Leave

Small Onion chopped

2 Celery Stalks chopped

Salt to Taste

Pepper to taste

Place all in a pot and bring to a soft or low boil.

Turn the heat down to medium and simmer for 1 hour. Skim any foam that forms on top and discard. Strain the stock, and it's ready to use.

Hope y'all enjoy...

