

Lobster and Asparagus Soup

Prep Time: 15 mins
Cooking Time: 1 hr 10 mins
Serves/Yields: 6



Ingredients:

3 quarts water (12 cups)
2 large chicken breasts skin on, or 1 whole small chicken broken down into pieces
1 medium size onion cut in quarters
1 bunch fresh asparagus cleaned, trimmed and cut into 1" pieces
1 cup lobster meat cubed
2 green onions thinly sliced on an angle
2 tbsp rice vinegar
½ tsp salt
¼ tsp white pepper
2 tbsp cornstarch mixed in 2 tablespoons water until dissolved
2 eggs beaten
2 tbsp fresh chopped parsley for garnish

Instructions:

1. Add water, chicken and onion to a medium size pot and bring to a boil
2. Turn heat to low, loosely cover and simmer until chicken is cooked through – 165' internal temp (breast meat) – approximately 15 to 20 mins
3. Remove chicken and onion – reserve chicken for other dishes
4. Turn off heat and let stock rest for 30 minutes – skim off impurities and discard
5. Turn heat to high and bring to a boil
6. Add asparagus and lower heat – simmer for 10 minutes or until soft
7. Add crab meat, green onions, rice vinegar, salt and pepper - stir gently
8. Stir in corn starch mixture – cook for 5 minutes or until thickened
9. Bring to a boil - slowly add the egg while stirring
10. Taste and adjust seasonings (e.g. add salt, pepper)
11. Remove from heat, add garnish and serve

Recipe by: The Kitchen Tool

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