



Elegant Lobster Pot Pie

Our extra-special home-cook adaptation inspired by Chef Trevor Teich

Ingredients (makes 3 individual pot pies)

For the Lobster & Shells

12 oz (2) Caribbean spiny lobster tails (or Maine lobster tails)
Salt, to taste

For the Lobster Cream Sauce

2 Tbsp avocado oil (or neutral oil)
1 small white onion, chopped
2 carrots, peeled and chopped
2 celery stalks, chopped
3–4 Tbsp tomato paste
1/2 cup white wine

1/4 cup dry vermouth + 2 Tbsp brandy, optional
1/2 cup vegetable broth or water
4–5 cups heavy cream (start with 4 cups; add more if needed)
1/4 tsp salt, or to taste

For the Vegetable Filling

1/2 cup carrots, cut into oblique/angled pieces
1/2 cup white pearl onions, halved or quartered
1/2 cup fennel, cut into oblique pieces
1 cup Yukon Gold potatoes, medium dice
Salt, to taste
Optional: small amount of salsify, parsnip, or Jerusalem artichoke (see note)

For Assembly

1 (17.3 oz) package frozen puff pastry sheets (2 sheets), thawed
1 egg + 1 tsp water (egg wash)

Instructions

Cook the Lobster

Thaw tails if frozen.

Oven method: Preheat oven to 350°F. Split tails lengthwise, season lightly, wrap in foil, and bake 15–18 minutes. Unwrap and broil 1–2 minutes until internal temperature reaches 145°F.

Broiler method: Preheat broiler. Split the upper shell, lift the meat so it rests on the shell, place meat-side up on a broiler pan, season, and broil 4–6 inches from heat for 3–5 minutes until 145°F.

Remove meat from shells. Cut into bite-size chunks, cover, and refrigerate until needed. Reserve the shells for the sauce.

Make the Lobster Cream Sauce

- In a 5-quart Dutch oven or heavy pot, heat the oil over medium heat. Add the chopped onion, carrot, and celery (mirepoix). Cook until the onion is translucent, 8–10 minutes.
- Add tomato paste and cook, stirring, until it darkens slightly and develops a roasted flavor, 3–5 minutes.

- Add the reserved lobster shells. Deglaze with wine (or vermouth), scraping the bottom of the pot. Reduce until nearly dry. If using brandy, add it now and cook until the alcohol evaporates.
- Add 4 cups heavy cream. Bring to a gentle simmer and reduce by about one-quarter (20–40 minutes), stirring occasionally. Do not boil hard. Add extra cream if the sauce becomes too thick.
- Strain through a fine-mesh strainer or chinois, pressing gently on the solids. Discard solids. Taste and season with salt. The sauce should be rich and slightly thick.
- (If not using immediately, chill over an ice bath, then refrigerate or freeze.)

Prepare the Vegetables

Blanch or steam the carrots, fennel, potatoes, and pearl onions until just tender but still holding their shape. Season lightly with salt and cool.

Optional note: If using salsify, cook it separately in water with a squeeze of lemon, thyme, bay leaf, and salt until tender (15–25 minutes). Drain and cool.

Assemble & Bake

- Preheat oven to 400°F.
- Gently mix the cooked vegetables with the warm lobster chunks. Divide among three 5-inch ovenproof soup bowls or ramekins. Ladle warm lobster cream sauce over the filling (thin with a splash of cream or stock if needed).
- On a lightly floured surface, cut the puff pastry into three 5-inch rounds (overlap scraps if necessary to form the third round). Place one round over each filled bowl. Brush lightly with egg wash.
- Bake 15–18 minutes until the pastry is deeply golden and puffed.

Alternate method: Bake the egg-washed pastry rounds separately on a parchment-lined sheet until golden, then place them on the hot filled bowls just before serving.

Cook's Notes

- Work carefully with the cream sauce; gentle heat prevents it from breaking.
- The shells add deep flavor; don't skip them.
- These pies are best served immediately while the pastry is crisp.

About the Recipe: Tender chunks of lobster amid cooked vegetables immerses in a deeply flavored cream sauce, all crowned with a golden, flaky puff-pastry lid. Elegant yet comforting, this dish brings a true touch of Michelin-starred magic to a special dinner at home.