

Lobster Stew Recipe

Indulge your palate in the rich culinary tapestry of Balearic Islands, where the gastronomic delights are as diverse as the archipelago's stunning landscapes. Embark on a culinary journey with the Lobster Stew Recipe with potatoes (Lobster caldereta), a dish that not only delight the taste buds but also pays homage to the region's vibrant culinary heritage. The bounty of the Mediterranean Sea comes to life in this delectable creation, showcasing the freshest lobster, aromatic garlic, and sun-kissed ripe tomatoes.

What sets Islas Baleares apart is not just the breathtaking scenery that inspires its cuisine, but also the meticulous craftsmanship and dedication to preserving traditional flavors. The Caldereta de Langosta serves as a testament to the local commitment to culinary excellence, inviting you to savor each bite as a celebration of the island's distinctive culinary identity.

Complementing this exquisite dish is the unparalleled quality of Olive Oils from Spain, a crucial ingredient that elevates the entire dining experience. The robust and fruity notes of olive oil seamlessly intertwine with the succulent lobster, infusing every mouthful with a symphony of flavors. Spain's long standing reputation for producing some of the world's finest olive oils is rooted in its ideal climate and the expertise of generations of olive growers. The result is an olive oil that not only enhances the taste of the Lobster Caldereta but also reflects Spain's commitment to culinary excellence.

Incorporating Olive Oils from Spain into this gastronomic affair not only adds a touch of authenticity but also highlights the harmonious marriage of regional ingredients. The choice of olive oil becomes a culinary statement, symbolizing the dedication to quality that defines Spanish cuisine. So, as you embark on a culinary escapade in the Balearic Islands, let the Lobster Caldereta with potatoes paired with Olive Oils from Spain be your guide, inviting you to savor the essence of this picturesque archipelago in every delightful bite.

Ingredients

- 1 tbsp **Olive Oils from Spain**.
- 1 onions.
- 2 garlic cloves.
- 1 large green cubanelle pepper.
- ½ large, ripe tomato.
- 1 lobster.
- 1/2 l fish stock.
- 15 gr pine nuts.
- 1/2 tbsp parsley.
- 2 tsp salt.

Step by step

1. Finely-chopped onions, garlic, parsley, pepper and tomatoes.
2. In a large pot, heat Olive Oil from Spain over medium heat and add the chopped ingredients and sauté until translucent.
3. Cut the lobster into wide slices, set aside the coral and roe for later.
4. Add the lobster to the chopped vegetable pot, allowing it to brown. Pour in most of the stock, and let it boil, then season with salt and pepper.
5. Crush the rest of the garlic, along with the coral and roe from the lobster, a small amount of stock, and pine nuts using a mortar or blender.
6. Introduce this blended mixture into the lobster and vegetable pot.
7. Let it cook for 10 more minutes, and then enjoy!

