

Low Carb Lobster Newburg

SOURCE: www.lowcarbluxury.com/recipes

Ingredients:

- 2 C cubed lobster meat
- 2 TBS butter
- 1/4 C Sherry
- 2 TBS brandy
- 3 egg yolks
- 1/2 C cream
- 1/2 tsp salt
- Dash of cayenne and nutmeg

DIRECTIONS:

Sauté lobster in butter 3 minutes - add Sherry + brandy. Cook 1 minute longer. Beat egg yolks slightly - blend in cream - add to lobster. Cook over low heat till mixture thickens, stirring constantly (sauce will curdle if overcooked. If this happens, add 1 ice cube and stir constantly) - remove from heat immediately - season with salt, cayenne and nutmeg.

Makes 4 servings (1 gram of carbs/serving)