



Lobster Thermidor

INGREDIENTS

- 1 x 1kg live Sydney rock Lobster
- 56g celery, finely diced
- 56g eschalot, finely diced
- 30ml canola oil
- 100ml white wine
- 85ml milk
- 85ml fish stock
- 8g butter
- 8g flour
- 10g hot English mustard
- 16g gruyère/ comté cheese, grated
- A pinch sweet paprika
- Salt to taste

GARNISH

- Sprigs of cheryvil
- 5g chives finely sliced
- 10g gruyère/ comté cheese, grated



Serves: 2



Prep Time: 30 min



Cooking Time: 20 min

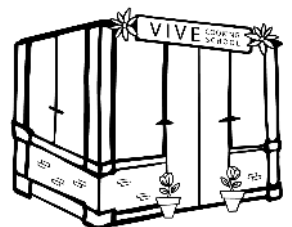
METHOD

1. Place fresh live lobster into an ice bath, ensuring the lobster is fully submerged under plenty of ice water for 20 mins. Meanwhile, bring a large saucepan of well-salted water to a rapid boil.
2. Place Lobster into boiling water. Cover with lid until it returns to the boil, continue boiling for 13 minutes or until core temperature of lobster reaches 48°C, then remove lobster and refresh in iced water.
3. Sweat out eschalots and celery in a small saucepan until soft. Add white wine and reduce completely. Remove from heat and set aside.
4. In a separate pot combine milk and fish stock and gently start heating.
5. Meanwhile in a third pot melt butter, then add flour and cook out over a gentle heat for about a minute (make sure not to colour your flour).



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6. Whilst whisking the flour mixture over the heat add the warmed fish milk in small amounts at a time, whisking constantly to ensure no lumps form. Until all fish milk is added.
7. Allow to come to the boil whilst whisking. Reduce to a simmer and cook out until thickened (remember to still whisk).
8. Remove from heat, then add in celery/ eschalot mix, mustard, paprika, gruyère cheese and salt to taste. Mix well.

Preparing the lobster

9. Place the Lobster flat onto a chopping board with the head facing away from your body and the tail sitting flat closest to you (belly touching the board). Use a sharp serrated bread knife for the next part. Place the heel of the knife in the center of the lobster's head shell part. Fold a clean dry tea towel into a quarter size (giving you four layers of cloth) and place it nicely over the head of the lobster and the well positioned knife. Allow for a good firm grip of the lobster using the positioned tea towel and your cutting hand on the knife. With a controlled bread cutting motion split the lobster in half (try to not crush or break the shell, rather cut it).
10. Preheat the grill to a high heat.
11. Remove flesh from the shell and cut into large cubes. Place flesh into a mixing bowl and add thermidor sauce. Gently mix to coat lobster.
12. Carefully spoon lobster evenly back into two halves of rock lobster shell, fill in any spaces with remaining sauce left in the bowl. Sprinkle garnishing gruyère cheese over the top and carefully place lobsters on a baking tray with foil underneath to support (use foil to position lobster so they sit flat on the tray, to ensure an even grill is achieved).
13. Grill for roughly 8 minutes or until golden brown.
14. Serve with desired sides and enjoy.

Special Notes:

The most humane way to kill any crustacean is to either place them into an ice bath for 20 minutes or chill them in the freezer for about 30 minutes until they become insensible (but not long enough to freeze them).

Then once chilled, they should be killed promptly by splitting in half or dropping into rapidly boiling water.



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