

OLIVE OIL POACHED LOBSTER TAIL, FENNEL SALAD, SHALLOT DRESSING

EQUIPMENT

LARGE AND SMALL MIXING BOWLS, BAMBOO SKEWERS, SPOONS, KITCHEN SHEARS,
CHEFS KNIFE, ZIP LOCK BAG, PERFORATED BAKING TRAY, PAPER TOWEL

INGREDIENTS

1 X LOBSTER TAIL, 1 FENNEL HUSK AND FRONDS, 10 TATSOI LEAVES, 5 SPRIGS THYME, 3-4 SPRIGS CHERVIL,
50GM EXTRA VIRGIN OLIVE OIL, 2CM CASTER SUGAR, 10GM RED WINE VINEGAR,
½ SHALLOT, SALT FLAKES, ICE

METHOD

INSERT 3 BAMBOO SKEWERS THROUGH THE LARGE END OF THE LOBSTER ALL THE WAY THROUGH TO THE TAIL. PLACE THE LOBSTER ON A PERFORATED TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 3 MINUTES.

ONCE STEAMED REMOVE THE LOBSTER FROM THE OVEN AND SUBMERGE IT IN A BATH OF ICED WATER TO HALT THE COOKING.

IN A SMALL MIXING BOWL PICK THYME LEAVES AND AN EQUAL AMOUNT OF FENNEL FRONDS. ADD 20GM OF EXTRA VIRGIN OLIVE OIL AND A GENEROUS PINCH OF SALT MIX AND SET ASIDE.

REMOVE THE LOBSTER FROM THE WATER AND REMOVE THE SKEWERS. USING KITCHEN SHEARS CUT ALONG THE LENGTH OF THE TAIL ON THE UNDERSIDE OF THE TAIL.

REMOVE THE LOBSTER MEAT IN ONE PIECE AND TRANSFER IT TO A ZIP LOCK BAG, POUR OVER THE THYME AND FENNEL OIL AND SEAL THE BAG. PLACE THE LOBSTER ON A PERFORATED TRAY AND INTO THE OVEN STEAM SETTING 55°C FOR 20 MINUTES.

FOR THE DRESSING; FINELY DICE THE SHALLOT AND ADD IT TO A SMALL MIXING BOWL ALONG WITH 2 SPRIGS OF FINELY CHOPPED CHERVIL. ADD CASTER SUGAR, RED WINE VINEGAR AND APPROX 30GM EXTRA VIRGIN OLIVE OIL, MIX AND SET ASIDE.

FOR THE SALAD FINELY SLICE THE FENNEL, PICK FENNEL FRONDS, CHERVIL AND TATSOI LEAVES, SEASON LIGHTLY WITH SALT AND SET ASIDE.

ONCE THE LOBSTER IS COOKED REMOVE IT FROM THE BAG AND PAT IT DRY ON PAPER TOWEL. LIGHTLY DRESS THE SALAD AND TOSS IT WELL, PLACE A MOUND OF THE SALAD ON A SERVING PLATE, SLICE THE LOBSTER INTO 2CM PIECES AND ARRANGE ON THE PLATE. DRESS THE LOBSTER LIGHTLY WITH THE DRESSING AND SERVE WITH A LEMON WEDGE.

HINTS & TIPS

- THE KEY TO TENDER JUICY LOBSTER IS LOW TEMPERATURE COOKING. TRY THE SAME METHOD AND SWAP THE OLIVE OIL IN THE BAG WITH BUTTER AND TARRAGON FOR BUTTER-POACHED LOBSTER.
- THE QUICK STEAMING OF THE LOBSTER IN ITS SHELL AT THE START OF THIS RECIPE ENABLES YOU TO REMOVE THE TAIL MEAT EASILY AND IN ONE PIECE.
- KEEP GARNISHES WITH LOBSTER SIMPLE. TRY SIMPLE SALADS AND DRESSINGS SO YOU DON'T MASK THE SWEET FLAVOUR OF LOBSTER MEAT.