

LOBSTER IN CUMIN SALT WITH FENNEL ORANGE SALAD

RECIPE CARD

INGREDIENTS

SERVES 4 6 30 MINUTES

3 X LOBSTER 500 GRAMS, SPLIT LENGTHWAYS AND
CLEANED
1 PACKET ROAST CUMIN SALT
CORN FLOUR
LEMON CHEEK
2 FENNEL BULB
1/2 BUNCH PICKED FLAT LEAF PARSLEY
2 ORANGE SEGMENTS (BLOOD ORANGE PREFERABLE)
1 LEMON
SEA SALT TO TASTE
OLIVE OIL AS REQUIRED

PREPARATION

METHOD

SPLIT THE LOBSTER LENGTHWAYS AND CLEAN THE HEAD, PAT DRY. ADD SOME CUMIN SALT TO THE CORNFLOUR AND MIX WELL, DUST THE LOBSTER WELL AND FRY IN HOT OIL, 4 - 5 MINS UNTIL COOKED, DRAIN WELL ON KITCHEN PAPER READY TO SERVE.

FENNEL SALAD

SHAVE THE FENNEL ON A MANDOLIN FINELY INTO ICE WATER, THEN SPIN DRY AND PLACE IN A BOWL (THE TOPS OF THE FENNEL CAN BE CHOPPED AND ADDED).

PICK THE FLAT LEAF PARSLEY AND ADD TO THE FENNEL.

SEGMENT THE ORANGES AND RETAIN THE JUICE ADD IT ALL TO THE FENNEL AND SQUEEZE IN SOME LEMON AND SEASON WITH SALT, ADD SOME EXTRA VIRGIN OLIVE OIL TO TASTE , MIX THE SALAD WELL.

CUMIN SALT IS ROAST CUMIN IN A PAN, BLENDED WITH SEA SALT 50/ 50

TO SERVE

LOOSEN THE LOBSTER FROM THE SHELL AND PLACE ON A LARGE PLATE, SERVE WITH LEMON CHEEKS AND A BOWL OF THE FENNEL ORANGE SALAD ALONGSIDE.

FRESHLY CUT CHILLI IN OLIVE OIL GOES REALLY WELL WITH THIS DISH.

RECIPE COURTESY CHRIS TAYLOR - FRASER'S RESTAURANT, KING'S PARK.