

SASHIMI WESTERN ROCK LOBSTER

SERVES 2 - 4, 15 MINUTES

RECIPE CARD

INGREDIENTS

ICED WATER (FOR CHILLING)

1 OR 2 RAW TAILS OR 1 WHOLE FRESH LOBSTER
THAT HAS BEEN TAILED

10 GRAMS OF DRIED SEAWEED (WAKAME)

CRUSHED ICE, FOR SERVING

2 - 4 LETTUCE LEAVES

1 LEMON, HALVED

GARNISH

Hint: you can use any colourful vegetables that
is in season for the garnish.

2 TABLESPOONS GRATED RADISH

RED RADISH SLICES

1/4 CUCUMBER, THINLY SLICED

2 TABLESPOONS OF FINELY CHOPPED SCALLIONS

SERVING ACCOMPANIMENTS

2 TABLESPOONS OF PONZU

(OR OTHER CITRUS BASED SAUSE)

A PINCH OF SHICHIMI (JAPANESE SPICE MIX)

ALTERNATIVELY YOU CAN USE SOY SAUCE AND

WASABI.

PREPARATION

1. FILL A LARGE POT WITH WATER & BRING TO A ROLLING BOIL
2. FILL A BOWL WITH ICED WATER
3. GENTLY PLACE THE LOBSTER IN THE BOILING WATER AND COOK FOR ABOUT 1 MINUTE, UNTIL THE SHELL TURNS RED
4. TRANSFER LOBSTER DIRECTLY TO ICE WATER, LET SIT FOR ~2 MINUTES UNTIL IT IS CHILLED THROUGH
5. RUN A SHARP KNIFE ALL AROUND THE LOBSTER TAIL TO SEPARATE TAIL THE SHELL FROM THE MEAT (RESERVE TAIL FOR PRESENTATION)
6. SLICE LOBSTER MEAT INTO THIN SLICES AND SET ASIDE
7. PLACE THE SEAWEED IN A SMALL BOWL, ADD HOT WATER TO COVER. LET SEAWEED SIT FOR ~ 15 MINUTES OR UNTIL SOFT.
8. TRANSFER SEAWEED TO A BOWL OF COLD WATER TO CHILL. REMOVE & DRAIN OFF EXCESS WATER
9. FILL A LARGE SERVING BOWL WITH PLENTY OF CRUSHED ICE AND ARRANGE LETTUCE, WAKAME AND LEMON HALVES ON TOP.
10. ADD LOBSTER SHELL AND PLACE MEAT IN SHELL
11. ADD REMAINING GARNISH
12. IN A SMALL BOWL, COMBINE PONZU AND SHICHIMI - SERVE ALONGSIDE LOBSTER FOR DIPPING (ALTERNATIVELY USE SOY SAUCE AND WASABI)