

# GRILLED LOBSTER WITH THERMIDOR BUTTER

RECIPE CARD

## INGREDIENTS

### THERMIDOR BUTTER INGREDIENTS

150ML DRY WHITE WINE

1 SHALLOT, DICED VERY FINELY

20 GRAMS TARRAGON LEAVES, CHOPPED FINELY

20 GRAMS FLAT LEAF PARSLEY, CHOPPED FINELY

1 TEASPOON DIJON MUSTARD

½ LEMON JUICED

PINCH PAPRIKA

DASH OF TABASCO SAUCE

5 TABLESPOONS PARMESAN FINELY GRATED

140 GM BUTTER, (ROOM TEMPERATURE)

TWO WHOLE COOKED LOBSTERS (400 - 500 GRAMS)

CUT INTO HALF. YOU CAN USE RAW LOBSTERS JUST

ADJUST THE COOKING TIME TO 6 - 8 MINUTES)

SERVES 2 - 4 - 30 MINUTES

# PREPARATION

IN A PAN, PLACE THE WINE AND SHALLOTS, BRING THEM TO THE BOIL AND SIMMER UNTIL NEARLY DRY, THEN LEAVE TO COOL. ONCE THIS HAS COOLED DOWN, PLACE INTO A BOWL WITH ALL OF THE OTHER INGREDIENTS AND MIX TOGETHER. ROLL INTO A LOG USING CLING FILM, AND CHILL TO HARDEN. ONCE THE BUTTER HAS HARDENED, SLICE INTO ROUND DISKS. USING A LARGE CHEF'S KNIFE CUT THE LOBSTER IN HALF AND WASH THE HEAD CAVITY UNDER COLD WATER, DRY WITH KITCHEN PAPER. PLACE THE LOBSTERS, ONTO A LINED BAKING TRAY WITH THE MEAT FACING UPRIGHT. ARRANGE THERMIDOR BUTTER DISCS ON TOP OF THE FLESH OF THE LOBSTER ENSURING THAT ALL OF THE MEAT IS COVERED. PLACE THE LOBSTER UNDER THE GRILL, AND GRILL FOR ABOUT 3 - 4 MINUTES ON HIGH. THE BUTTER SHOULD BUBBLE AND START TO GO BROWN. IF YOU PREFER NOT TO GRILL, ALTERNATIVELY, SIMPLY PLACE THE LOBSTER INTO AN OVEN AT 180 DEGREES FOR 3 - 4 MINUTES.