

Simple dressed lobster with homemade mayonnaise

The king of the crustaceans, lobster is a delicacy with white, firm meat that is sweet and succulent. Before it is cooked, lobster shell has a very dark colour, with tints that range from blue/green to red/purple - it gains its distinctive deep red brick colour only when it's cooked. Sometimes simple cooked seafood is the best, this is one of those dishes.

Alternative species - Dressed Crab, langoustine

Serves 2

Cost per portion 5.50 - 9.00 per person

2 live lobsters (or whole boiled)

Cooking Liquor

1 small white onion, peeled and sliced
1 large carrot, sliced
2 garlic cloves, crushed
thyme sprig
2 bay leaves
6 black peppercorns
100ml white wine vinegar
juice from 1 lemon
salt

Mayonnaise

2 egg yolks
1 tsp English mustard
1/2 Tbsp white wine vinegar
1/2 Tbsp lemon juice
200ml light olive oil
1 garlic clove minced
1 shallot minced
sea salt

To cook the lobster (If already cooked, skip this section) Put the lobsters in the freezer for an hour before cooking to sedate them.

Put all the ingredients of the cooking liquor in a pan and enough water to cover the lobsters. Bring to the boil and simmer for 10 minutes. Take the lobsters from the freezer and insert a strong knife into the cross on the head to kill each one instantly. Add the lobsters to the simmering liquor and cook for 8 minutes, then remove the pan from the heat. Leave the lobsters in the liquor for another 4 minutes, then lift them out and cool completely. Strain the liquor and reserve.

For the mayonnaise. Whisk all the ingredients (except the olive oil) together for about 1 minute. Slowly add the olive oil, whisking continuously until you have a thick creamy mayonnaise. Season, cover and place in the fridge

To dress the lobster. Remove the claws and knuckle sections at the body of the lobster. Cut the lobsters in half lengthways from head to tail using a good heavy cooks knife. Remove the stomach sack from the head and discard. Gently remove the meat from the tails and rinse in cold water to ensure the removal of the dark intestinal tract. Cut the tails into bite size pieces and return to the lobster shell. Pull the knuckle sections away from the claws and extract the meat using a lobster pick or the handle of a thin teaspoon. Place the meat into the head section of the lobster. Crack the claws using the back of a heavy cooks knife and place one on each of the lobster shells. Spoon a little of the cooled liquor over the meat of the lobster and serve with the mayonnaise, lobster pick and finger bowl. Stunningly simple !