

View from the Fridge – Recipes from Brian Donkin

Recipe # 103 – Lobster Thermidor

Preparation time: 15 mins Cooking time: 15 mins

Ingredients:

1 cooked red lobster
3 shallots finely diced
1 tblspn chopped parsley
1 glass white wine
1 glass double cream
½ glass whipped cream
50gms butter
1 tspn English mustard
1 tspn plain flour

Method

1. Split the lobster length-wise and take out the sandy head behind the eyes and throw away. Down the length of the tail there will be a black vein – throw this away also
2. Remove all meat from shell and claws and cut up into bite size portions
3. Place shells in oven on low heat meanwhile on top of stove cook shallots in butter until transparent then mix in flour
4. Add white wine and double cream while stirring vigorously
5. Add the mustard and parsley and still stirring continuously - cook until reduced by half
6. Add lobster meat and bring back to the boil
7. Remove from heat and stir in the remainder of the butter and the whipped cream
8. Place shells on plate and fill with lobster and sauce and glaze under the grill

Serves 2 (see next page for picture)

