

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 135 – Lobster Newburg

*Preparation time: 30 mins – Cooking time: 40 mins*

#### Ingredients

1 live female lobster (check for eggs under tail to ensure that it is female)  
1 small onion, finely diced  
1 small carrot, finely diced  
2 stalks of celery, finely diced  
2 bay leaves  
1 teaspoon of thyme  
50gms butter  
25gms plain flour  
1 tablespoon of tomato puree  
2 wine glasses of white wine  
a pinch of cayenne pepper  
tblspn of salt  
tblspn of brandy  
½ wine glass whipped cream  
2 wine glasses of pouring cream

#### Method

1. In pot (big enough to take whole lobster) of boiling hot water place tblspn of salt – then place lobster in pot
2. Bring back to boil and cook for five minutes
3. Remove lobster and place in crushed ice
4. When cool enough to handle split with sharp knife from head to tail
5. Remove gritty bit from behind the eyes and dispense with
6. Remove lobster meat from the two half tails and place to one side
7. Break open the claws, remove the flesh and place to one side
8. The remaining contents will be green – remove this with a spoon and place to one side
9. In separate pot place the onion, carrot, celery and half of the butter, bay leaves and thyme
10. Fry gently until cooked and nut brown (about 6 or 7 minutes)
11. Add the tomato puree, wine, cayenne pepper, brandy and the green part of the lobster
12. Bring to the boil and reduce by half
13. Pass through a sieve into another pot
14. Add the cooked lobster meat and bring back to the boil
15. Remove from heat and mix in the whipped cream and the remaining butter
16. Refill the lobster shell halves with the resulting mixture and place under a hot grill until nicely browned

Serves 2 – see next page for picture

