



LAINSTON HOUSE

AN EXCLUSIVE HOTEL

POACHED LOBSTER

with garden vegetables and shellfish vinaigrette

Method

Place lobster on large board. Place the tip of a large sharp knife in the cross found at the top of the lobsters head. Pierce the shell with the knife and continue all the way to the board. Place the now dead lobster into a large pan on boiling water. Simmer for 6 minutes (for a medium sized lobster). Do not let the water boil too hard. Refresh in ice water. As soon as the lobster is cold remove from the water and drain on a cloth.

To remove the lobster from the shell, place the lobster tail in your left hand and the head in your right. Twist and pull to remove the head. Lay the tail on its side. Place one hand over the other and press down until the lobster bones crack. Peel the shell from the lobster. Cut the tail meat in half length ways. Pull and twist the claws of the lobster. With the small part of the pincer break off gently, the blade should come with this. Tap the side of the claw with your knife and move from left to right. This should break the claw enough to remove a large piece. Remove the claw meat in tact. Wash all meat under water and drain on a cloth. Season all meat with salt.

Place 1 half of the tail and 1 claw into a small vac pac bag. Place a cube of butter in the bag. Add a small squeeze of lemon. Seal the bags all the way and place the bag into the water bath at 60°C. Remove at last minute, carve and serve.

Lobster Vinaigrette

150g lobster jus
50ml vinaigrette

Method

Boil the lobster jus, add the vinaigrette and reserve for service.

Lobster vegetables

Carrots (3 per person)
Broad beans (8 per person)
Baby gem lettuce, outer leaves removed
New potatoes

Method

Remove the big leafy end of the carrots, leaving a small amount of green at the top. Peel away the skin. Blanch in salted boiling water until tender. Refresh in ice water, dry the excess liquid and reserve for service. Remove beans from pod. Blanch for 30 seconds in boiling salted water, refresh. Remove outer skin of beans, reserve for service. Cut the lettuce into sixths ensuring you cut through the root. Reserve for service. Clean the potatoes in water, cook, refresh and cut into discs.

To serve

Place the lobster vinaigrette into a small pan and simmer on the stove. Add the lettuce pieces (one per person) and simmer until tender (30 seconds). Add the carrot pieces and broad beans. The vegetables are ready to serve. Sauté three pieces of potato per person.