

# Dressed lobster with asparagus

## Ingredients

### For the lobster oil

- 500g/1lb 2oz lobster shells (ask your fishmonger)
- 1 lemon, zest only
- 10 coriander seeds
- pinch saffron strands
- rapeseed oil

### For the lobster mayonnaise

- 2 free-range egg yolks
- few drops lemon juice
- 1 tsp hot water
- 1 tsp English mustard
- 200ml/7fl oz lobster oil (see recipe above)
- salt and freshly ground black pepper

### For the lobster

- 1 carrot, finely chopped
- 1 celery stalk, finely chopped
- ½ leek, finely chopped
- ½ medium onion, finely chopped
- 3 litres/5¼ pints water
- 250ml/9fl oz white wine
- 125ml/4fl oz white wine vinegar
- 10 coriander seeds
- 5 black peppercorns
- sprig fresh tarragon
- 2 garlic cloves
- 1 bay leaf
- salt, to taste
- 2 x 700g/1lb 9oz freshly killed lobsters

### For the tomato confit

- 3 tomatoes
- rapeseed oil
- 1 garlic clove, sliced
- sea salt

### For the lobster balls

- 1 sprig fresh tarragon, chopped
- 2 sprigs fresh chervil, chopped
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**less than 30 mins**

preparation time

**no cooking  
required**

cooking time

**Serves 4**

**By** Hywel Jones  
**From** Great British Menu

*Celebrate lobster with this  
extravagant dish, perfect for al  
fresco eating.*

- 1 tbsp plain flour
- 1 tbsp fine breadcrumbs
- 1 free-range egg
- vegetable oil, for frying

#### For the lemon oil

- 1 tbsp lemon juice
- 3 tbsp light rapeseed oil
- salt and sugar, to taste

#### To serve

- 12 medium asparagus spears
- 25ml/1fl oz lemon oil
- 1 tbsp crème fraîche
- 1 tsp finely chopped chives
- 20g/1oz frisée lettuce
- small handful micro herbs
- salt and freshly ground black pepper

## Preparation method

1. For the lobster oil, preheat the oven to 150C/300F/Gas 2.
2. Place the lobster shells onto a baking tray and bake in the oven for 20 minutes, or until dry and brittle but not burnt.
3. Crush the lobster shells in a clean tea towel with a rolling pin and place them in a kilner jar. Add the remaining ingredients and enough rapeseed oil to cover. Seal the jar, place into a large saucepan and add enough water to come halfway up the side of the jar. Bring the water to the boil, then remove the pan from the heat and set aside to cool. Strain the lobster oil through a fine sieve.
4. For the lobster mayonnaise, whisk the egg yolks, lemon juice, water and mustard together in a bowl. Gradually whisk in 200ml/7fl oz of oil until the mayonnaise has thickened. Season with salt and freshly ground black pepper.
5. For the lobster, place all of the ingredients, except the lobsters, into a saucepan and bring to the boil. Remove the pan from the heat and set aside for 15 minutes. Return the mixture to the boil and poach the lobsters for 6-8 minutes, then remove the pan from the heat and set aside to cool.
6. Remove the lobsters from the cooking liquid, carefully remove the claws and remove the meat. Cut the lobsters in half lengthways. Remove the tail meat and slice into four even slices. Clean out the heads and pat them dry. Clean out the remaining shell ( this should leave you with four lobster halves). Set aside.
7. For the tomato confit, preheat the oven to its lowest setting. Blanch the tomatoes for 15 seconds in boiling water, remove with a slotted

spoon and place for 10 seconds to cool in a bowl of iced water. Carefully peel off the skin. Cut the tomatoes into four and remove the seeds. Brush each tomato petal with oil, place onto a baking tray and sprinkle with the garlic and salt.

8. Bake in the oven for 1½-2 hours, or until they have reduced in size all the moisture has evaporated.
9. For the lobster balls, finely chop the lobster claw meat and gently squeeze out any moisture. Stir in the tarragon and chervil and a little lobster mayonnaise. Using your hands, divide the mixture into sixteen balls.
10. Sprinkle the flour and breadcrumbs onto separate plates and beat the egg in a bowl. Heat the oil in a deep, heavy-bottomed pan. The oil is ready when a breadcrumb dropped into it will sizzle gently. (CAUTION: Hot oil can be very dangerous. Do not leave unattended.)
11. Dredge each ball in the flour, dip in the egg and coat in the breadcrumbs.
12. Deep-fry the lobster balls for 3-4 minutes, or until crisp. Remove from the pan with a slotted spoon and set aside to drain on kitchen paper. Season with salt.
13. For the lemon oil, whisk all ingredients together in a bowl until well combined.
14. To serve, brush the asparagus slices with lemon oil and season with salt and pepper. Peel the medium asparagus spears, cut off the tips and dice the remaining stalks. Mix the diced asparagus with the crème fraîche, chives and frisée and season with salt and freshly ground black pepper.
15. Arrange the lobster shells on a serving platter and spoon the asparagus and crème fraîche mixture around. Place the tail meat into the shells, alternating each slice with a disc of tomato confit.
16. Arrange the asparagus tips and shaved asparagus in the head cavity of the lobster and add the lobster balls. Finish with the micro herbs and serve the lobster mayonnaise in a separate bowl.