

Grilled champagne lobster with Chamomile Sauce crème



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Peter Kuruvita

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Christmas Recipe Brochure
- Festivities Name
Christmas

Ingredients

Grilled champagne lobster with Chamomile Sauce crème

- 4 tea bags of Dilmah Pure Chamomile Flowers, removed from the bags
- 500ml Fish Stock
- 500ml White Wine
- 150ml Noilly Prat (Dry Vermouth)
- 500ml Double Cream
- 5 Shallots, Finely Diced
- 1 Bay Leaf
- 5 White Peppercorns
- A Sprig of Thyme
- Salt to Taste
- 2 Whole Lobsters

Methods and Directions

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- Add all the ingredients except tea and cream into a heavy based pan and reduce by 75%. Add the tea and infuse for 5-6 minutes while still boiling and add cream and bring to boil, season and turn



off. Strain and set aside. When needed, warm up the sauce just before boiling and then use a stick blender to emulsify before using - This can be kept in the fridge for 1 week.

- To serve, cook the lobster and slice the tail. To cook the lobster, heat a BBQ and brush with oil. Cook flesh side down for 3-5 mins and then turn over. Brush with oil and continue to cook till the lobsters are done. 5-7 minutes on each side on a moderate BBQ. Serve with the Sauce Crème and garnish with sliced shallots