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June 17, 2008, 10:30 AM – 12:30 PM
Lobster: the other white meat

Guest Chef **Greg Balch**, Sous Chef, *Ratcliffe on the Green*

MENU

Lobster Bisque

Lobster Tacos

Lobster Cakes with Vanilla Brown Butter

Modern Lobster Roll

Stuffed Lobster Tail



Recipes Follow

Lobster Bisque

2 ea Lobsters, whole
2 T Olive Oil
1 ea Onion, medium, sliced
1 ea Celery stalk, sliced
1 ea Carrot, small, sliced
1 ea Garlic, whole, cut in half crosswise
2 T Fresh Tarragon, chopped
2 T Fresh Thyme, chopped
2 ea Bay leaves
Black peppercorns
1/2 C Brandy
1/2 C Dry Sherry
4 C Fish Stock or bottled clam juice
1/4 C Tomato paste
1 C Whipping cream

Bring large pot of water to boil. Add lobsters head first and boil until cooked through, about 8 minutes. Using tongs, transfer lobsters to large bowl. Reserve 2 cups cooking liquid. Cool lobsters.

Working over large bowl to catch juices, cut off lobster tails and claws. Crack tail and claw shells and remove lobster meat. Coarsely chop lobster shells and bodies; transfer to medium bowl. Reserve juices from lobster in large bowl.

Heat olive oil in heavy large pot over high heat. Add lobster shells and bodies and sauté until shells begin to brown, about 8 minutes. Add onion and next 8 ingredients. Mix in Brandy and Sherry. Boil until almost all liquid has evaporated, about 4 minutes. Add fish stock, reserved 2 cups lobster cooking liquid and lobster juices and add water to cover. Simmer 1 hour.

Strain soup through sieve set over large saucepan, pressing firmly on solids. Whisk tomato paste into soup. Simmer until soup is reduced. Add cream to soup and simmer 5 minutes.

Lobster Tacos

12 ea Tortillas
1 ea Lobster, whole, plus extra claws
1 ea Cabbage, medium, shredded
2 ea Tomatoes
1 ea Fresh Mango
1 ea Fresh Cilantro, bunch
1 ea Serrano chili
1 ea Green Onion
1 ea Lime
Salt & Pepper to taste

Bring large pot of water to boil. Add lobsters head first and boil until cooked through, about 8 minutes. Using tongs, transfer lobsters to large bowl. Cool lobsters in ice bath.

Once lobster is cooled remove tail and claw meat and chop.

Shred cabbage into very thin strips. Squeeze lime juice on the cabbage and mix. To make the Mango Pico De Gallo you need to peel the mango. Once peeled dice the mango into small cubes. Also cut the tomatoes into small cubes. The Serrano chili should be cut as small as possible (because you don't want to bite into a big piece of spicy pepper.) Chop the green onion into little circles. Mince the cilantro and combine with mango, tomatoes, green onion, and chili. Season with salt and pepper.

To assemble the tacos, place layer of cabbage on tortilla, then layer lobster meat and top with mango mixture. Fold tortilla and enjoy.

Lobster Cakes

1 ea Lobster, whole, plus extra claws
1 T Fresh Tarragon
1 ea Shallot
1 ea Celery stalk
2 ea Eggs
1 C Bread, cubed, very small
1 ea Lemon, juiced
1 T Ground Mustard
2 T Mayonnaise
1 T Fresh Parsley
1 ea Vanilla Bean
Butter and Oil

Bring large pot of water to boil. Add lobsters head first and boil until cooked through, about 8 minutes. Using tongs, transfer lobsters to large bowl.

Once chilled, cut the lobster into chunks.

Dice the shallots into small pieces. Chop the celery the same way. Cut the bread into small cubes. Chop the parsley and the tarragon and add to the bread and shallots.

In a separate bowl whisk the eggs, mustard, mayonnaise, and lemon juice until well combined.

Add all ingredients, except for vanilla, and mix gently as to not break up the lobster.

Once mixed form into 12 cakes and set aside for cooking.

In a hot sauté pan, add butter and part of the vanilla bean.

Sear for about 2 minutes on each side and transfer to paper to drain.

Do not throw away used butter from the pan - reserve to pour over the cakes.

Modern Lobster Roll

1 ea Lobster, whole, plus extra claws
6 ea Potato Rolls
3 T Mayonnaise
1 T Grain Mustard
1 ea Green onion
1 T Fresh Tarragon
1 ea Celery stalk
1 ea Shallot
1 ea Lemon, juiced

Bring large pot of water to boil. Add lobsters head first and boil until cooked through, about 8 minutes. Using tongs, transfer lobsters to large bowl.

Once chilled, cut the lobster into chunks.

Dice the shallots into small pieces. Chop the celery the same way. Chop the green onion into small rings.

Mince the tarragon. Combine all the ingredients and add the juice of one lemon. Add mayonnaise and mustard and fold gently being careful not to disturb the chunks of lobster. Grill the rolls until crisp or heat in an oven until toasted. Place lobster salad in buns and enjoy.

Chef Notes:

Stuffed Lobster Tail

- 2 ea Lobsters, whole, plus extra claws
- 1 pkg Ritz crackers
- 1 ea Fresh Parsley, bunch
- 1 T Fresh Tarragon
- Butter
- 3 ea Lemons, cut into wedges
- 1 ea Green onion

Lay the live lobster on its back, using one hand to hold the tail down with a towel. Insert knife into the head, and cut down the length of the lobster being sure not to pierce the bottom shell. Gently spread the shell open being sure not to break the shell. Remove the head and the liver, discard both. Cut off the claws and blanch for 3 minutes. Shock the claws in an ice bath and remove the meat for the stuffing. In a separate bowl, combine lobster meat, parsley, tarragon, and green onion. Combine crushed crackers and melted butter and set aside. Place meat and herb mixture into split lobsters and cover with breading. Cover with aluminum foil and place in a 450 degree oven for 12 minutes. Uncover and cook for an additional 5 minutes to crisp crackers. Serve with lemon wedges and enjoy.

Chef Notes:
