

LOBSTER THERMIDOR

SERVES 2

INGREDIENTS

2 live lobsters
2 shallots, diced
Splash white wine vinegar
100ml fish stock
50ml double cream
2 tsp English mustard
50g strong cheddar
2 egg yolks
Parmesan, grated



- Prepare and cook the lobsters according to the instructions on page 13 of the book. Once done, put them to one side to cool.
- For the thermidor sauce, put the shallots in a pan with the white wine vinegar and reduce by half.
- Add the fish stock and reduce the mixture till almost all of the liquid has evaporated, then put in two-thirds of the cream and reduce once again. Add in the mustard and cheddar, and leave to cool.
- Cut the cooled lobsters in half and remove the tail meat. Retain the shells and chop the tail meat into chunks.
- Whisk the egg yolks and add to the thermidor sauce. Then whisk up the remaining cream and stir that in as well. Mix in the chopped lobster.
- Spoon the thermidor mixture back into the lobster shells, grate over some parmesan and grill until golden-brown and hot throughout.