



Grilled Pacific Spiny Lobster with Fresh Peas, Carrots and Pearl Onion, Lobster Sauce and Carrot Emulsion

Ingredients:

Lobster:

- 6 each Fresh Pacific Spiny Lobsters, 1 ¼ - 1 ½ lb. each
- 1 cup Olive oil
- ½ cup Minced ginger
- Salt and fresh white pepper

Vegetables:

- 1 cup Fresh peas, cleaned
- 12 each Baby carrots, peeled and blanched

- 18 each Pearl onions
- 2 Tbsp. Olive oil
- 2 Tbsp. Unsalted butter

Sauces:

- 1 each Carrot, peeled and sliced thin
- 2 cups Chicken stock
- 2 Tbsp. Cold unsalted butter
- 1 cup Lobster stock
- ¼ cup Heavy cream
- 2 Tbsp. Cold unsalted butter

Instructions:

Lobsters:

Bring a large pot of heavily salted water to the boil. Place the lobsters in the boiling water for 3 minutes, remove and place on a sheetpan to cool to room temperature. Once cool, split the lobsters in half with a knife and clean out the headspace. Refrigerate until ready to grill. Combine the oil and ginger in a pot and bring just to a simmer. Remove from the heat and let stand until cool. Refrigerate. This can be made days in advance.

Vegetables:

Preheat oven to 375°. With a knife, remove the stem end of the pearl onions. Toss with the olive oil and place on a sheetpan and place in the oven for 8-10 minutes or until slightly soft. Remove, cool and slip off the outer peel and reserve. When ready to serve, heat the carrots and onions in the butter and 2 Tbsp. water. When hot, add the peas and heat just until tender. Season with salt and fresh white pepper.

Sauces:

Combine the sliced carrots and chicken stock in a pot and bring to a simmer over medium heat. Simmer until carrots are completely soft. Puree in a blender and pass through a fine meshed sieve. Reserve. For the lobster sauce, bring the lobster stock to a simmer, add the cream and reduce until sauce like consistency. Reserve. When ready to serve, heat both sauces up to a simmer in separate sauce pots. Add the butter and emulsify using an emersion blender.

To Serve:

Preheat the grill. Remove the lobsters from the refrigerator, season well and brush with the ginger oil. Place on the grill, meat side down, and grill 3-4 minutes turning once. Turn the lobsters over and baste again with the ginger oil. Continue to grill them, shell side down, until cooked but still slightly opaque in the center 2-3

minutes. Remove from the grill and set aside to rest while you plate the vegetables. In the center of each plate, divide the vegetable mixture. Remove the lobster tail meat from the shell and place on top of the vegetables. Spoon the sauces around the lobsters and serve.

Yield: 6 Servings

Source: Executive Chef Trey Foshee/Partner at George's at the Cove, La Jolla, California



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