

Maine Lobster Strudel Recipe w/ Sauce Américaine

Yield: 8 Servings (for the steamed lobster meat watch video: Lobster Steaming & Shelling). Frozen Maine lobster meat can also be purchased online.

For an even more outstanding result; substitute mixed mushrooms for fresh Porcini (cèpes) and truffle oil for real truffle shavings.

1 lb. (450g) cooked lobster meat, from 3x1.5lb. (3x700g) cooked lobsters, reserve bodies, tomalley and roe for sauce Américaine or lobster bisque. For this recipe cooked lobster meat can be substitute for cooked prawn.

7 ounces (210g) mixed mushrooms such as shiitake, crimini, enoki, oyster..., cleaned

1.5 Tbsp (22.5ml) olive oil

2 ea. shallots, minced

1 ea. garlic cloves, minced

2 ea. fresh sprig thym, stems removed and minced

1/4 cup (14g) Italian parsley leaves, washed and finely chopped

Salt and ground black pepper to taste and a drizzle of truffle oil.

Chicken Mousse (chicken can be substitute for scallops).

1/2 lb. (225g) chicken breast, nerves and silver skin removed

1 ea. (30g) egg white

1 ea. (20g) egg yolk

1/4 cup (60ml) heavy cream

Pinch of salt.

Lobster Strudel (For 2 Large Logs / 4 servings per log).

3 Filo pastry for each log (three 18x13-inch (46x33cm)

Olive oil or warm clarified butter to grease each sheet and searing logs

2 x 1 lb. (450g) lobster mixture / total weight ~ 2 lb. (900g).

Maine Lobster Strudel Recipe

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Method

Since the friction created by a food processor will create heat, raw meat must be partially frozen before being puréed. Place breast in the freezer for about about 20 minutes or until the surface has hardened. Meanwhile clean and chop mushrooms, mince shallots, garlic, thyme and parsley. Heat a large skillet, add olive oil and sauté mushrooms until light brown on high heat. Add shallots, garlic and thyme and sauté for another 5 minutes on medium high. Transfer to a plate and mix in parsley and season with salt, ground black pepper and truffle oil. Cool completely.

Chicken mousse

Cut the slightly frozen chicken breast into pieces and purée. Continue processing and add the egg white, heavy cream, yolk and salt until smooth. Transfer chicken mousse to a clean bowl. Mix in the cool mushroom mixture and the chilled and chopped lobster meat (pat dry meat to remove remaining moisture if previously frozen).

Lobster Strudel

Unroll the filo pastry pack. Remove sheets as you need them, keeping unused sheets covered with cling film or a lightly wet kitchen towel. Brush each sheet with olive oil or melted clarified butter and layer up 3 sheets per strudel. Use 1 lb. (450g) of lobster mixture per log starting at one end and roll it tightly and carefully into a squared log. Divide logs in half and sear each side for about a minute or until nicely browned in a hot oiled skillet. Finish cooking in an 410°F (210°C) preheated oven for about 8 minutes or until internal temp reaches 150°F (66°C). Let lobster strudel rest 5 minutes on a wire rack before serving. Serve with sauce Américaine, lobster bisque or champagne vinaigrette and mesclun. Lobster mixture or logs can be refrigerated up to 3 days prior being rolled out or seared and baked.

Sauce Américaine (Lobster Sauce) Recipe

To make this recipe watch video: [Lobster Bisque - follow the same method using this recipe instead](#).

Yield: 8 to 12 Servings (to get the lobster bodies watch video: [Lobster Steaming & Shelling](#)).

2 ea. 0.6 lb. (300g) lobster bodies (preferably females), reserve tomalley and roe*. Avoid using lobster shells only; too fishy.

1 Tbsp (15ml) peanut or grape seed oil

1/4 cup (60ml) cognac or brandy

1 Tbsp (15ml) olive oil

1/2 cup (50g) leek, white part only, chopped and thoroughly washed

1/4 cup (30g) shallots, chopped

2 ea. (15g) garlic cloves, smashed

3 ounces (90g) tomato paste

1 qt (1L) heavy cream

1 ea. orange, halved and squeezed (preferably organic)

1 Tbsp (15ml) ketchup

Aromatic bouquet: 1 bay leaf / 1 sprigs thyme / 1 parsley stem / 1 anis start, crushed / 10 tarragon leaves / 1 Tbsp white peppercorn.

Roe and tomalley

Salt and white pepper to taste.

Method

*Tomalley is a soft green substance found in the lobster carapace that fulfills the function of both the liver and the pancreas. The lobster roe (lobster eggs) is naturally black and when cooked it turns red and is called coral. Both substances enhance flavors dramatically. Roe can be purchased online.

Heat a heavy medium skillet or pot over medium high heat. Drizzle some peanut oil and throw in the halved lobster bodies and sauté until it begins to dry out, about 8 minutes. Very carefully add the brandy and flambé, lower the heat until flame is gone and add leek, shallots, garlic and olive oil. Cook for about 10 minutes and add the tomato paste; cook for another 4 minutes. Add heavy cream, tomalley, roe, the 2 orange halves and its juice, ketchup, herbs (no cheesecloth needed). Bring to boil and simmer 30 minutes stirring once in a while and let sit 15 minutes more. Do not blend the mixture as we do for the bisque. Strain sauce through sieve set over large container, pressing firmly on solids. Serve warm. Sauce Américaine can be refrigerated up to 5 days. Do not freeze.