

Lobster Salad Recipe

Yield: 2 Servings

2 ea. 1 1/2 lb. (700g) steamed lobster (**watch video: Lobster Steaming & Shelling**).

Use meat from knuckles and 2 claws for the salad mixture. Save tails and remaining claws for the final presentation. Meat from legs can also be used for the salad mixture. Some cooked corn can be added to this salad as well. This salad can be refrigerated up to 2 days without the dressing mixed in.

Salad Mix

Chopped lobster meat from knuckles and 2 claws.

1 Tbsp shallot, minced

2 Tbsp Italian parsley, washed and leaves chopped

2 ea. ripe avocado, diced (save some for the avocado citrus dressing and garnishing)

1 mango or papaya, peeled and cubed (save some for garnishing)

1 grapefruit, peeled and cut into segments and drain well (save juice) / chop some up and save remaining for garnishing.

1/2 cup English peas (petit pois), preferably fresh and blanched or fresh fava bean; blanched and peeled

Lemon confit (optional), rinse well and use the peel only (for the lemon confit recipe: Watch Salmon Tartare Video)

Hearts of palm, preferably fresh, diced and sliced

Avocado Citrus Dressing (can be refrigerated up to 5 days).

2 ea. lemon, juiced (preferably Meyer lemon)

1 tsp (5ml) Dijon mustard

1 pinch of cayenne or chili pepper

2 tsp (10ml) honey

1 Tbsp (15ml) extra virgin olive oil

1/4 cup (60ml) vegetable oil

1/4 avocado, more if needed

1 Tbsp (15ml) grapefruit juice

Salt and ground white pepper to taste.

Method

Blend all ingredients together. Readjust dressing consistency by adding more avocado or grapefruit juice if desired. The consistency of this dressing should be like a soft mayonnaise but it is up to your preference.

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Garnishing for 2 plates

Mesclun mix salad blend, fresh cilantro and dill, washed in cold water.

2 Lobster tails, 2 claws and fins

Mango / avocado / grapefruit / fresh fava bean / hearts of palm / lemon confit strips / cilantro / dill

Avocado Citrus Dressing.