



# Lobster with the Chef in Mind



A raw, frozen product with  
the delicate taste of fresh lobster.



**Gourmet Chef Packer's mission is to develop**  
**Lobster with the Chef in Mind**

These recipes help chefs introduce lobster into their menus by suggesting many innovative ways to use **"UHP Raw Lobster Meat"**.

See how versatile and easy it is to use these raw lobster meat products. UHP Raw Lobster meat accommodates all menus and restaurant styles, from breakfasts and appetizers to main courses.

We offer you a variety of succulent raw lobster meat products – without the hassle of removing it from the shell and allowing you to get all the taste and textures out of your gastronomic creations, a nearly impossible feat when using pre-cooked meat.

The UHP processing enables us to expertly detach the meat from within the shell leaving the raw flesh whole (tails, claws, knuckles and legs) resulting in a higher yield per lobster. This UHP process leaves the tender texture and delicate flavor of the lobster meat intact and maintains all of its natural nutrients.



The true benefits of our UHP Raw Lobster Meat is its incredible flavor and quality as well as how much time and effort it saves creative and busy chefs.

Culinary art starts with accepting nothing but the best. Lead the way by taking advantage of modern technology.

Enhance your own creative zest with  
**Gourmet Chef Packer's UHP Raw Lobster Meat.**  
It's fresh, it's easy, and it's delicious!

Bon Appétit!



# Citrus-Vanilla Butter Poached Lobster



4 portions

## ingredients

4 whole	Raw Lobster TCKL Meat (6.5 oz, 185 g)
1 lb (454 g)	Unsalted Butter, cubed
1 whole	Vanilla Bean, split lengthwise
1 whole	Blood Orange, zested and juiced
1 whole	Lime, zested and juiced

### Method:

Heat butter in medium pot until fully melted.

Scrape the vanilla seeds into the butter (the pods can be steeped as well if desired), add the blood orange and lime zest and juices.

Warm butter to 200° F (95° C) remove from heat and allow the butter mixture to infuse for 10 to 15 minutes.

Bring the liquid to a poaching temperature of 160-165° F (70-75° C).

Poach the lobster in the liquid until desired doneness beginning with the tail, then the claws, knuckles and finally the legs.

Please note that the tail will take the longest to cook- in order: place tail, claws, knuckles then legs into the liquid for best results. The tail will take approximately 7 minutes to cook, the claws 4 minutes, knuckles 3 minutes and legs 2 minutes to cook.

### Method for Serving:

Remove all lobster meat from the poaching liquid and serve immediately with your favorite starch or serve chilled with greens. Arrange lobster body as desired.

**Chef's Tip:** The total poaching time from start to finish should be 6-8 minutes.

Save infused butter for future poaching-just be sure to refrigerate when not in use.



# Coconut and Ginger Poached Lobster



4 portions

## ingredients

### For Lobster:

4 whole	Raw Lobster TCKL Meat (6.5 oz, 185 g)
1 -14 oz can (398 ml)	Unsweetened Coconut Milk
¾ cup (180 ml)	2 % Milk
½ lb (227 g)	Unsalted Butter
1 tbsp (15 ml)	Minced Fresh Ginger
1 tbsp (15 ml)	Chopped Fresh Cilantro
to taste	Sea Salt

### For Salad Base:

2 cups (500 ml)	Alfalfa Sprouts
1 cup (250 ml)	Thinly Sliced Snap Peas, cleaned
1 tbsp (15 ml)	Olive Oil
2 tsp (10 ml)	Honey
to taste	Salt
to taste	Black Pepper

### Method for Lobster:

Combine coconut milk, milk, butter, ginger, and salt in a sauce pan and bring to a boil.

Remove from heat and allow the flavours to infuse for 15 minutes.

Bring the liquid to a poaching temperature of 165° F (75° C).

Poach the lobster in the liquid until desired doneness beginning with the tail, then the claws, knuckles and finally the legs.

Please note that the tail will take the longest to cook- in order: place tail, claws, knuckles then legs into the liquid for best results. The tail will take approximately 7 minutes to cook, the claws 4 minutes, knuckles 3 minutes and legs 2 minutes to cook.

### Method for Salad:

Combine all ingredients and reserve.

### Method for Serving:

This dish can be served either warm or cold- the salad can be used in each application.

Place salad on plate and arrange lobster on salad as desired. Pour a small amount of poaching liquid around salad, garnish with fresh cilantro. Serve immediately.



# Moroccan Spice Infused Olive Oil Poached Lobster





4 portions

## ingredients

### For Lobster:

4 whole	Raw Lobster TCKL Meat (6.5 oz, 185 g)
3 cups (750 ml)	Olive Oil
¾ cup (180 ml)	Sliced Dried Apricots, packed
1 tbsp (15 ml)	Ras El Hanout Spice Mix (recipe follows)

### For Compote:

½ cup (125 ml)	Sliced Dried Apricots, packed
¼ cup (60 ml)	Red Wine Vinegar
¼ cup (60 ml)	Water
3 tbsp (45 ml)	Granulated Sugar
to taste	Ground Black Pepper
to taste	Salt

### For Couscous:

1 cup (250 ml)	Israeli Couscous
1 cup (250 ml)	Chicken Stock
1 whole	Shallot, minced
1 whole	Orange, zest and juice
3 tbsp (45 ml)	Golden Raisins
2 tbsp (30 ml)	Toasted Slivered Almonds
1 tbsp (15 ml)	Olive Oil
2 tsp (10 ml)	Cumin
1 tsp (5 ml)	Finely Chopped Fresh Marjoram
1 tsp (5 ml)	Finely Chopped Fresh Mint
to taste	Crushed Dried Chilies
to taste	Black Pepper
to taste	Salt

### Method for Lobster:

Combine olive oil, dried apricots, and spice mix in a saucepan.

Warm oil to 200° F (95° C) remove from heat and allow the oil mixture to infuse for 10 to 15 minutes.

Bring the liquid to a poaching temperature of 165° F (75° C). Poach the lobster in the liquid until desired doneness beginning with the tail, then the claws, knuckles and finally the legs.

Please note that the tail will take the longest to cook- in order: place tail, claws, knuckles then legs into the liquid for best results. The tail will take approximately 7 minutes to cook, the claws 4 minutes, knuckles 3 minutes and legs 2 minutes to cook.

**Method for Compote:** Simmer all ingredients together until majority of liquid has evaporated and reserve.

**Method for Couscous:** Sauté shallots, cumin, raisins, and chilies in olive oil until shallots are slightly golden. Add stock and bring to a boil. Add couscous and allow to simmer for 3 minutes covered with a lid; remove from heat and set aside for 5 minutes.

Fluff couscous with fork; add herbs and juice/zest of orange. Season with salt and pepper and reserve.

**Method for Serving:** Place couscous on plate and arrange lobster body as desired. Garnish lobster with compote and toasted slivered almonds. Serve immediately.

## ingredients for the Ras El Hanout Spice Blend

1 tsp (5 ml)	Ground Cumin	½ tsp (2.5 ml)	Ground White Pepper
1 tsp (5 ml)	Ground Ginger	½ tsp (2.5 ml)	Ground Coriander Seeds
1 tsp (5 ml)	Ground Turmeric	½ tsp (2.5 ml)	Ground Cayenne
1 tsp (5 ml)	Salt	½ tsp (2.5 ml)	Ground Allspice
¾ tsp (3.7 ml)	Ground Cinnamon	½ tsp (2.5 ml)	Ground Nutmeg
¾ tsp (3.7 ml)	Ground Black Pepper	¼ tsp (1.2 ml)	Ground Cloves

### Method:

In a small bowl whisk together all ingredients until combined well. Spice blend keeps in an airtight container at cool room temperature for 1 month.



# Sticky Rice and Nori Stuffed Tail



4 to 6 portions

## ingredients

### For Stuffed Tail:

4 whole	Raw Lobster Tail Meat (3 oz, 85 g) butterflied
4 whole	Sheets of Nori
½ cup (125 ml)	Water
½ cup (125 ml)	Sushi Rice (rinsed under water until water runs clear)
1 tbsp (15 ml)	Rice Vinegar
1 tbsp (15 ml)	Granulated Sugar
1 tbsp (15 ml)	Pickled Shallots (recipe to follow)
1 tbsp (15 ml)	Thinly Sliced Roasted Red Pepper
1 tbsp (15 ml)	Finely Chopped Tarragon
to taste	Cracked Black Pepper

### For Pickled Shallots:

2 whole	Shallots, sliced thinly
½ cup (125 ml)	Red Wine Vinegar
¼ cup (60 ml)	Granulated Sugar
1 tsp (5 ml)	Whole Grain Mustard Seeds

### For Salad:

6 whole	Baby Bok Choy, leaves pulled off and blanched
¼ whole	Roasted Red Pepper, sliced thinly
1 tbsp (15 ml)	Rice Vinegar
1 tbsp (15 ml)	Seasoned Soy Sauce
1 tbsp (15 ml)	Honey
1 tbsp (15 ml)	Pickled Shallots
2 tsp (10 ml)	Minced Shallots
1 tsp (5 ml)	Whole Grain Mustard Seeds
1 clove	Garlic, minced
to taste	Salt
to taste	Black Pepper

### Method for Roll:

Combine rice, water, vinegar and sugar in a saucepot.

Cover top with tight lid or plastic wrap and cook at a low temperature until grains are tender but not over-cooked- approximately 20 minutes.

Pour out onto a baking sheet to cool, sprinkle tarragon over warm rice.

Place a thin layer of rice on nori sheet, then pickled shallots, pepper, and tarragon in a thin line. Gently roll contents into a tight roll, ensuring the contents remain in the centre of the rice roll.

Season lobster tail with salt and pepper and roll tail around prepared rice roll tightly.

Wrap tail tightly in plastic wrap and poach at 160° F (70° C) until desired texture is reached, approximately 7 to 10 minutes.

Allow roll to cool completely before slicing and serving.

### Method for Pickled Shallots:

Combine all ingredients into a saucepan and simmer for 5 to 8 minutes.

Cool and reserve in refrigerator.

### Method for Base Salad:

Reserve 3 blanched bok choy leaves per plate.

Slice blanched bok choy leaves thinly on the bias and combine with remaining ingredients and reserve in the refrigerator until ready to serve.

### Method for Serving:

Place 3 bok choy leaves down on plate then the prepared salad.

Place 1 whole sliced tail on the plate per person. Serve immediately.





Mushroom  
and Goat Cheese  
Stuffed Lobster Tail

6 stuffed tails

## ingredients

6 whole	Raw Lobster Tail Meat (3 oz, 85 g)
½	Yellow Onion, finely diced
2 cups (500 ml)	Portobello Mushrooms, finely chopped
1/3 cup (80 ml)	Goat Cheese, crumbled
2 tbsp (30 ml)	Fresh Basil, chopped
1 tbsp (15 ml)	Olive Oil
to taste	Salt
to taste	Black Pepper

### Method:

Heat water in medium pot.

Place a thermometer into the water to ensure the temperature is approximately 165° F (75° C).

Heat oil in sauté pan; sweat onions for 3-5 minutes.

Add mushrooms and cook for 3-5 minutes; until it resembles duxelles. Allow to cool.

Stir in goat cheese and basil. Season with salt and black pepper.

Layout a piece of plastic wrap.

Score lobster tails in between each loin, fill with mushroom-cheese filling and roll up tightly in plastic wrap.

Poach in water for 6 to 9 minutes. Let rest before slicing.

### Method for Serving:

Slice each tail on the bias.

Serve warm with grains or creamed leeks or chilled with greens.

**Chefs Tip:** Leftover mousseline will last a few days in the refrigerator.



Ceviche Lobster Tails  
with Greens



4 to 6 portions

## ingredients

### For Lobster:

2 whole	Raw Lobster Tail Meat, sliced thinly on a bias
1 whole	Passion Fruit, juice and seeds
2 whole	Fresh Lime, juice and zest
1 whole	Fresh Lemon, juice and zest
¼ cup (60 ml)	Olive Oil
1 tbsp (15 ml)	Minced Shallots
½	Fresh Jalapeno Pepper, membrane and seeds removed, minced
2 tsp (10 ml)	Whole Grain Fresh Mustard
to taste	Salt
to taste	Black Pepper

### For Salad Base:

2 cups (500 ml)	Thinly Sliced Snap Peas
1 tbsp (15 ml)	Minced Shallots
2 tsp (10 ml)	Honey
to taste	Salt
to taste	Black Pepper

### Method for Lobster:

Emulsify (blend thoroughly) all ingredients, but the lobster, with a whisk until combined.

Pour half of mixture over sliced lobster. Place lobster in fridge for 15 to 20 minutes to cure (time can be longer depending on desired texture).

### Method for Salad:

Combine all ingredients and reserve.

### Method for Serving:

Serve cured lobster on bed of prepared salad and pour desired amount of remaining curing juice over lobster. Garnish with fresh zest and passion fruit seeds.



Scallop Mousseline  
Stuffed Lobster Tail





6 stuffed tails

## ingredients

6 whole	Raw Lobster Tail Meat (3 oz, 85 g)
½ lb (227 g)	Scallops
¼ cup (60 ml)	Heavy Cream
½	Bulb Fennel, finely chopped
¼	Red Pepper, finely chopped
½ tbsp (7.5 ml)	Fresh Parsley, chopped
½	Egg White
1 tbsp (15 ml)	Olive Oil
¼ tsp (1.2 ml)	Turmeric
to taste	Salt
to taste	Black Pepper

### Method:

Heat water in medium pot.

Place a thermometer into the water to ensure the temperature is approximately 165° F (75° C).

Heat oil in sauté pan; sweat fennel and red peppers for 2-3 minutes.

Add turmeric and allow to cool.

Put scallops into a food processor and pulse. Add cream and process until smooth then fold in egg white. If necessary, put through a tamis to remove any lumps.

Fold in fennel and red peppers, season with salt and black pepper.

Layout a piece of plastic wrap.

Score lobster tails in between each loin and fill with scallop mousseline filling and roll up tightly.

Poach in water for 6 to 9 minutes. Let rest before slicing.

### Method for Serving:

Slice each tail on the bias.

Serve warm with grains or chilled with greens.

**Chefs Tip:** Left over mousseline will last a few days in the refrigerator or can be frozen for use at a later date.



# Lobster Risotto Scented with White Chocolate and Saffron



4 portions

## ingredients

4 cups (1 L)	Fish or Lobster Stock
1 ½ cups (375 ml)	Arborio Rice, rinsed
1 lb (454 g)	Raw Lobster CK (Claw and Knuckle) Meat
2 whole	Small Shallots, finely sliced
¼ cup (60 ml)	White Wine
¼ cup (60 ml)	White Chocolate, chopped
¼ cup (60 ml)	35 % Cream
1 tbsp (15 ml)	Olive Oil
4 whole	Saffron Threads
to taste	Salt
to taste	Black Pepper

### Method for Risotto:

Heat the stock with the saffron in a pot and reserve.

Sauté the shallots with oil in a thick bottom pot until translucent.

Add the rice to the shallots and toast (slightly golden).

*Note: toasting will bring out additional flavour from the rice.*

Deglaze with white wine.

One ladle at a time, add hot stock to the rice and continue to stir until the rice absorbs the stock. Once absorbed, continue to add the stock until the majority is used. Note: rice should have a slight “bite” in texture. Ensure that rice is not over cooked.

Once the rice has reached desired doneness, add white chocolate and melt.

Add lobster and cook until desired texture is reached.

Incorporate cream and season to taste.

### Method for Serving:

Garnish with lobster and saffron threads, serve immediately.



# Lobster Mac and Cheese



6 to 8 portions

## ingredients

1 lb (454 g)	Raw Lobster CK (Claw and Knuckle) Meat
5 cups (1250 ml)	Cooked Farfalle Pasta
2 ½ cups (625 ml)	2% Milk
1 cup (250 ml)	Fontina Cheese
½ cup (125 ml)	Mascarpone Cheese
½ cup (125 ml)	Blanched Asparagus, finely sliced on bias
¼ cup (60 ml)	Brandy
1 whole	Shallot, finely chopped
2 whole	Cloves of Garlic, minced
2 tbsp (30 ml)	Brandy
¼ cup (60 ml)	Unsalted Butter
½ cup (125 ml)	All-Purpose Flour
1 whole	Dried Bay Leaf
to taste	Fresh Ground Cayenne Pepper
to taste	Sea Salt
to taste	Black Pepper

### Method for Dish:

Cook pasta and set aside.

Bring milk, bay leaf and garlic to a gentle simmer.

Remove pan from heat and allow flavours to infuse for 15 minutes.

Melt butter in a saucepan and add shallots, sauté until shallots are translucent.

Incorporate flour with a whisk. Cook at a low temperature until flour is golden in colour. Add brandy.

Slowly whisk milk into flour mixture until fully incorporated.

Cook for 10 to 15 minutes on low heat, whisking often, until sauce has thickened.

Add cayenne and black pepper (Note: wait until end to season with salt, lobster will add much flavour.)

Add lobster and cook in sauce until lobster is close to desired texture.

Add cheese then the cooked pasta and asparagus, season to taste.

### Method for Serving:

Garnish with cooked lobster, grated cheese and slices of asparagus. Serve immediately.



Cold Open-Faced Lobster  
Sandwich with Coconut  
Masala Spread



4 sandwiches [ingredients for Cold Open-Faced Lobster Sandwich](#)

½ lb (227 g)	Raw Lobster CK (Claw and Knuckle) Meat
½ lb (227 g)	Unsalted Butter
8 whole	Bacon Strips, cooked
4 whole	Ciabatta Buns or Crusty Bread
2 whole	Plum Tomatoes, sliced lengthwise
1 package	Sprouts

**Method:**

Bring the butter to a poaching temperature of 160-165° F (70-75° C).

Poach the lobster until desired doneness (3-5 minutes)

**Method for Serving:**

Cut ciabatta buns in half lengthwise.

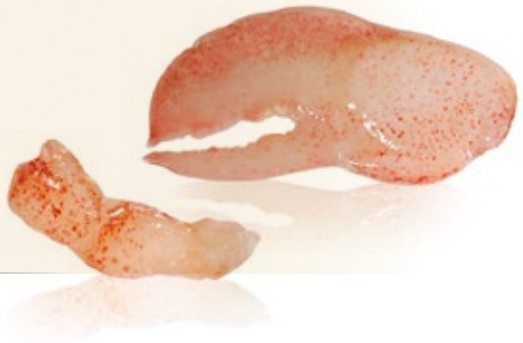
Spread some of the coconut masala spread onto the buns.

Build sandwiches from the bottom up; sprouts, bacon, tomato and lobster claws.

Garnish with cilantro leaves.

approximately 2 cups [ingredients for the Coconut Masala Spread](#)

2 cups (500 ml)	Mascarpone Cheese
½ cup (125 ml)	Coconut Milk
½	Onion, roughly chopped
3 cloves	Garlic, chopped
2 tbsp (30 ml)	Fresh Cilantro, chopped
1 tbsp (15 ml)	Olive Oil
1 tsp (5 ml)	Fresh Ginger, grated
1 tsp (5 ml)	Curry Powder
½ tsp (2.5 ml)	Fennel Seed, ground
½ tsp (2.5 ml)	Cloves, ground



**Method:**

Soften mascarpone cheese.

Heat oil in a sauté pan; add onions and caramelize over low heat.

Add garlic and continue cooking for an additional 2-3 minutes.

Add curry powder, fennel seeds and cloves then add ginger and coconut milk.

Continue to cook out spices and onions; allowing coconut milk to reduce.

Puree and allow to cool.

Fold caramelized onion mixture into mascarpone cheese.

Refrigerate until ready to use.

Wild Mushroom and  
Cheese Lobster Ravioli  
with Creamed Leeks





2 cups filling **ingredients for the Wild Mushroom and Cheese Lobster Ravioli**

½ lb (227 g)	Raw Lobster Leg Meat	4 tbsp (60 ml)	Olive Oil
1 lb (454 g)	Fresh Pasta, rolled into sheets	2 tbsp (30 ml)	Parmesan Cheese, grated
3 cups (750 ml)	Wild Mushrooms, (Portobello, shitake, button, chanterelle) chopped	2 tbsp (30 ml)	Fresh Parsley, chopped
2 cups (500 ml)	35 % Cream	1 tbsp (15 ml)	Brandy
¼ cup (60 ml)	Mascarpone Cheese	2 tbsp (30 ml)	Fresh Thyme, chopped
1 whole	Onion, sliced	3 cloves	Garlic, minced
2 whole	Shallots, minced	to taste	Truffle Oil
2 whole	Eggs, beaten	to taste	Salt
		to taste	Cracked Black Pepper

**Method:**

Heat 2 tbsp olive oil in sauté pan, add shallots and sweat for 2-3 minutes.

Add the garlic allow to cook then add mushrooms. Deglaze with brandy, reduce then add thyme, salt and pepper.

Continue cooking over medium-low heat until mushrooms are cooked 3-5 minutes and resembles duxelles.

Allow mixture to cool slightly then fold in mascarpone cheese and lobster legs.

On a clean, lightly floured surface lay out a sheet of pasta. With a round tablespoon measure place some of the mushroom mixture onto the pasta spacing them 1 ½ inches apart.

Lightly brush beaten eggs around the mushrooms. If the dough is wide enough you can fold it over, or if it's thinner in width, center the mushroom spacing and add a top sheet.

Start at the center and gently compress around the filling to push out any air. Cut into desired shape and size.

Place raviolis onto a sheet pan lined with parchment paper; repeat until all the raviolis have been made.

**Method for Serving:**

Heat remaining 2 tbsp olive oil. Add sliced onions and caramelize.

Add cream and a few sprigs of fresh thyme and simmer until reduced by half.

Season with salt and cracked black pepper.

Bring a large pot of salted water to boil and cook raviolis for 2 to 3 minutes. Remove from the water and drain.

Coat raviolis with cream sauce, season with truffle oil and serve immediately with creamed leeks.

**Chefs Tip:**

Dried mushrooms can be used for this recipe as well. Just be sure to soak the mushrooms in water before using.



approximately 1 ½ cups **ingredients for the Creamed Leeks**

2 whole	Leeks, sliced thinly
½ cup (125 ml)	Cream
½ cup (125 ml)	Bacon, chopped
2 cloves	Garlic, minced
TT	Cracked Black Pepper

**Method:**

Cook bacon until half done, add the leeks and garlic to the pan and let soften for 5-6 minutes.

Add the cream and continue to simmer until thick, about 5-7 minutes. Stir occasionally. Season with pepper and serve.

Lobster Cannelloni, Arugula-Walnut  
Pesto, Cream/Rose Sauce,  
Toasted Walnuts



6 to 8 portions

## ingredients

1 lb (454 g)	Raw Lobster Knuckle Meat
16 pieces	Prepared Cannelloni Pasta Sheets, 2 pieces per person, desired size
1 cup (250 ml)	Grated Fontina Cheese
½ cup (125 ml)	35% Cream

### For Pesto:

2 cups (500 ml)	Arugula
1 cup (250 ml)	Toasted Walnuts
2 cloves	Garlic
¼ whole	Fresh Lemon, juiced
¼ cup (60 ml)	Grated Parmesan Cheese
3 tbsp (45 ml)	Olive Oil
to taste	Salt
to taste	Black Pepper

### For Cream Sauce:

1 cup (250 ml)	35% Cream
2 tbsp (30 ml)	Minced Shallots
1 tbsp (15 ml)	Honey
1 tbsp (15 ml)	Unsalted Butter
2 tsp (10 ml)	Lemon Juice
2 tsp (10 ml)	Sweet Paprika
to taste	Salt
to taste	Black Pepper

### Method for Pesto and Lobster:

Preheat oven to 350° F (175° C).

Place all Pesto ingredients in a food processor and blend until a paste-like texture is reached; reserve.

Cook lobster half way in a small portion of butter and coat meat with prepared pesto.

Fill cannelloni sheets with prepared lobster and place on a baking sheet deep enough to hold liquid. Pour cream around prepared Cannelloni and place grated cheese on each roll. Bake at 350°F (175° C) until cheese has turned golden and lobster is cooked.

### Method for Cream Sauce:

Sauté shallots in butter and add paprika- cook for 3 minutes.

Add cream and simmer until sauce is thickened, approximately 10 minutes.

Add remaining ingredients and season to taste.

### Method for Serving:

Place paprika-based cream sauce on plate followed with cannelloni.

Garnish with toasted walnuts and cooked lobster. Serve immediately.



Southwest Lobster Cake  
with Roasted Red Pepper  
and Cilantro Dipping Sauce



8 or 16 cakes [ingredients for Southwest Lobster Cake](#)

1 lb (454 g)	Raw Lobster Knuckle Meat, roughly chopped	1	Shallot, minced
1 cup (250 ml)	Panko Crumbs	1	Red Pepper, roasted and minced
2 whole	Eggs, beaten	2 cloves	Garlic, minced
½ cup (125 ml)	Flour	1 tbsp (15 ml)	Cajun Seasoning
2	Large Potatoes, peeled, boiled and mashed	½ tsp (2.5 ml)	Cayenne Pepper
3 tbsp (45 ml)	Olive Oil	to taste	Worcestershire Sauce
2 tbsp (30 ml)	Fresh Chives, chopped	to taste	Cayenne Pepper
		to taste	Salt
		to taste	Black Pepper

**Method:**

Sauté shallots and garlic over medium heat with 1 tbsp olive oil until translucent.

In a medium bowl combine lobster knuckles, mashed potatoes, roasted red pepper, sautéed shallots and garlic.

Season with cayenne pepper, Cajun seasoning, Worcestershire sauce, chives and black pepper.

Form into 2-inch disks and dredge in flour. Dip into egg wash then coat in panko; chill or freeze.

Heat a sauté pan, add olive oil and fry cakes until golden on both sides approximately 2 minutes per side.

Place in preheated oven and continue cooking until cooked through, 6-8 minutes.

**Method for Serving:**

Place 2 lobster cakes onto a plate with 1-2 tablespoons Roasted Red Pepper and Cilantro Dipping Sauce.

Serve with dressed greens.

approximately 1 cup [ingredients for Roasted Red Pepper and Cilantro Dipping sauce](#)

1 cup (250ml)	Mayonnaise
3 tbsp (45 ml)	Roasted Red Pepper Puree
1 tbsp (15 ml)	Plain Yogurt
2 cloves	Garlic, roasted
1 tsp (5 ml)	Fresh Cilantro, chopped
to taste	Lime Zest
to taste	Salt
to taste	Black Pepper

**Method:**

Roast red peppers and garlic, puree and allow to cool.

Mix mayonnaise and yogurt, fold in red pepper puree, cilantro, lime juice, salt and pepper.

Serve chilled.



# Lobster Eggs Benedict with Maltaise Sauce



4 portions

## ingredients

1 lb (454 g)	Raw Lobster Claw Meat
4 whole	English Muffins, cut in half and toasted
8 whole	Eggs
2 cups (500 ml)	Clarified Butter, melted
1-2 large	Egg Yolks
1 whole	Orange, zested and ½ juiced
1 tbsp (15 ml)	White Wine Vinegar, for poaching
1 tsp (5 ml)	Fresh Tarragon, chopped
to taste	Cracked Black Pepper

### Method:

In a stainless steel bowl set over a pot of simmering water; whisk the egg yolks with the orange zest and juice, until pale yellow in color.

Remove from heat and season with salt and pepper.

Slowly whisk in 1 cup clarified butter in a steady stream until incorporated.

Fold in tarragon and keep warm until ready to serve.

In a shallow pot of simmering water, add 1 tbsp vinegar.

Gently crack eggs into water ensuring the yolks stay together.

Poach for 3 to 5 minutes or until egg yolks have reached desired doneness.

Poach lobster claws in remaining 1 cup clarified butter for 3-4 minutes at approximately 165° F (75° C).

### Method for Serving:

Place toasted English muffins onto a plate.

Top with four lobster claws then one poached egg per muffin.

Top with Maltaise sauce and serve with fresh fruit, hash browns or your favorite breakfast side dish.

### Chef's Tip:

The vinegar helps to coagulate the egg whites which results in a better looking final product. The vinegar will not change the flavor of the eggs.

If the Maltaise sauce is too thick, whisk in more orange juice until desired consistency is reached.



Tempura Lobster Claws, Black  
Bean Salad, Avocado Dip





3 to 4 portions **ingredients for the Tempura Lobster**

½ lb (227 g)	Raw Lobster Claw Meat	1 cup (250 ml)	Ice Water
1 ¼ cup (310 ml)	All Purpose Flour	1 whole	Egg
1 cup (250 ml)	Cornstarch	1 tsp (5 ml)	Chili Powder

**Method:** In a bowl sift together 1 cup flour, cornstarch and chili powder.

Beat the egg and stir in ice water.

Incorporate dry ingredients into liquid mixture and stir until combined- do not over mix.

Dredge the lobster in ¼ cup flour and dip into the batter.

Fry at 350° F (175° C) for 1 ½ -2 minutes until crisp or desired lobster claw texture is reached.

**ingredients for the Black Bean Salad**

1-19 oz can (540 g)	Black Beans, drained and rinsed	2 tbsp (30 ml)	Fresh Basil, chopped
½	Red Pepper, cored, seeded and small dice	2 tbsp (30 ml)	Olive Oil
1 whole	Vine Ripened Tomato, seeded and small dice	1 whole	Lime, zested and juiced
		to taste	Cayenne Pepper
		to taste	Salt
½ cup (125 ml)	Red Onion, small dice	to taste	Black Pepper

**Method:** In a medium bowl; mix together the black beans, bell pepper, tomato, red onion and cayenne pepper.

**Method for Vinaigrette:**

In a small bowl, combine the lime zest, lime juice and basil.

Slowly add the oil, whisking constantly until the mixture thickens.

Season with salt and pepper to taste. Pour the vinaigrette over the salad and toss well.

Allow to marinate in the refrigerator. Leftover salad will last a few days in refrigerator.

approximately 1 cup **ingredients for the Avocado Dip**

1 whole	Avocado	to taste	Cumin
3 tbsp (45 ml)	Restaurant Style Sour Cream	to taste	Salt
1 clove	Garlic, minced	to taste	Black Pepper
to taste	Lime Juice		

**Method:** Pit and peel avocado. Place avocado in a medium bowl; mash.

Fold in sour cream, lime juice, garlic and cumin. Season with salt and cracked pepper; serve chilled.

**Method for Serving:**

Place 2-3 tbsp Avocado dip into the bottom of a martini glass.

Add ¼ cup black bean salad creating the second layer.

Place 3 tempura battered claws standing up on top of the bean salad.

Garnish with cilantro leaves. Serve immediately.





# Lobster Sushi

