



LOBSTER THERMIDOR

Time Needed: 1 hour 10 minutes

Preparation: 10 min

Cooking: 1 hour

Serves: 2 servings

Ingredient:

1 whole	lobster, about 2 to 2 ½ pounds
2	lemons, halved
1	onion, quartered
1	bouquet garni
¼ cup	butter
¼ cup	flour
2 tablespoons	minced shallots
¼ cup	white wine
2 cups	milk
1-tablespoon	Dijon mustard/Old fashioned mustard
1 tablespoon	finely chopped fresh tarragon
½ cup + 1 tablespoon	grated Parmesan cheese
6 ounces	bacon
1-cup	julienned onions
½ lb.	Haricot verts, blanched
	Salt and pepper
1 teaspoon	chopped garlic
2 teaspoons	finely chopped parsley

Preparation:

Preheat the oven to 375 ° F. Bring a pot of salted water containing the lemons, quartered onion and bouquet garni to a boil. Add the lobster to the boiling water and cook for 8 to 12 minutes. Remove the lobster from the water and place in a bowl of ice water. This will stop the cooking process of the lobster. In a saucepan, melt the butter. Stir in the flour and cook for 2 to 3 minutes for a blond roux. Add the shallots and cook for 30 seconds. Stir in the wine and milk. Bring the liquid up to a boil and reduce to a simmer. Cook for about 3 to 4 minutes or until the sauce coats the back of a spoon.



This sauce will be thicker than a normal Béchamel because it will be used as a filling. Season the sauce with salt and pepper. Remove the sauce from the stove and stir in the mustard and tarragon.

Remove the lobster from the water and split the lobster in half. Remove the tail meat from the shells and with the back of a knife, gently crack the claws. Dice the tail meat and fold in the Béchamel sauce. Stir in ½ cup of the cheese and adjust seasoning if necessary.

Divide the mixture and spoon into the two lobster tail shells. Sprinkle the remaining cheese on top of the lobster. Place the filled lobster on a baking sheet and place in the oven. Bake for about 8 to 10 minutes or until the top is golden brown.

In a hot sauté pan, add the bacon and render until crispy, about 8 to 10 minutes. Add the onions and sauté for 2 minutes. Add the haricots verts and continue to sauté for 2 to 3 minutes. Season with salt and pepper. Stir in the garlic. Remove the haricots verts from the heat.

To assemble, divide the haricots mixture between two plates. Lay the lobster halves on top of the haricots. Garnish with parsley.

Hubert Keller

Chef/Owner

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