

Insalata Di Aragosta Con Pompelmo E Finocchio

Poached Lobster, Meyer Lemon Curd, Heirloom Radish, Fennel, Grapefruit, Upland Cress, Puffed Wild Rice and Nut Brittle

Courtesy of Vivace

Lobster

Two 1lb Maine Lobsters

1 carrot

3 stalks celery

1 onion

2 lemons cut in half

1 cup white wine

6 sprigs thyme

2 bay leaves

Lemon Curd

2 eggs

1 tablespoon sugar

6 tablespoons Meyer Lemon Juice

6 tablespoons Unsalted Butter

Puffed Rice and Nut Brittle

¼ cup wild rice

¼ cup chopped pistachios

¼ cup pine nuts

¼ cup glucose

Salad

2 grapefruit, peeled and sectioned

2 bulbs baby fennel, trimmed and thinly sliced

2 watermelon radish, thinly sliced

1 bunch upland cress, trimmed and washed

2 tablespoons olive oil

1 teaspoon lemon juice

Salt/ pepper/ espellette

Preparation

Bring a large pot of water to a boil. Add your carrots, celery, onion, white wine, thyme, bay leaf, and two lemons. Turn down and let simmer for 20 minutes. Add your lobster to the water and cook for one minute. Remove from the water and separate the tails and the claws. Add the claws back to the water and cook for 5 minutes. After the claws have been cooking add the tails back to the water and cook for an additional two minutes. Remove the all the lobster from the water and add to an ice bath to cool down. One lobster is cool remove from the shell and clean the tails by splitting them down the middle Cut into chunks and refrigerate.

Add your eggs, sugar, and lemon juice to a metal bowl. Add two cups of water to sauce pan and bring to a boil. Place your bowl on top of your sauce pan and whisk your egg mixture until smooth and thick enough to coat the back of the spoon. Be sure not to scramble your eggs. Add the butter a little at a time until incorporated. Set aside to cool.

Bring two 3 cups of canola oil up to 450 degrees. Add your wild rice until puffed up. Strain the rice from the oil and set aside. Add rice, glucose, pine nuts, and pistachios together in a bowl. Season with salt and pepper. The mix should a little sticky and all stuck together. Place the mix on a nonstick pan and back in the oven at 300 degrees for 15-20 minutes. To assemble the salad spread a little bit of the lemon curd on the bottom of a plate. Combine lobster, radish, fennel, grapefruit, and cress in a bowl. Toss with olive oil and lemon juice. Season with salt and pepper. Arrange the ingredients on top of the lemon curd. Sprinkle with a little espellete and garnish with the rice and nut brittle.

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