

Poached Maine Lobster and Small Diced Tropical Fruit Salad with Brunoise Red Pepper, Sesame Crusted Seared Salmon. Garnished with Japanese Marinated Cucumbers and Cilantro Oil

Yield: 4 Portions

Amounts:

1 ea.

1 ea.

2 ea.

3 ea.

3 sprigs

3 sprigs

1 ea.

10 ea.

1 t.

1/2 cups

2 T.

2 quarts

1 ea.

Ingredients:

Onion, peeled and chopped

Carrot, peeled and sliced 1/2-inch thick

Ribs of celery, peeled and sliced 1/2-inch thick

Garlic cloves

parsley

thyme

Bay leaf

Peppercorns

Fennel seed

Dry white wine

Coarse salt

Water

Lobster 1-2 lb.

Method:

1. Place all ingredients in medium saucepan and bring to a boil. Lower heat and simmer uncovered for 20 to 30 minutes.
2. Poaching temperature 160-180 degrees F.
3. After humanly dispatching the lobster. Poach the lobster parts for 8-10 minutes (depending on the size of each part). Cold shock in ice water until cool.
4. Remove the meat from the shells (*previously mentioned*)

Tropical Fruit Salad

Ingredients:	Amounts:
¼ cup	Red Pepper brunoise
¼ cup	Mango small diced
¼ cup	Jicama small diced
1 ea.	Lime juiced
½ ea.	Orange juiced
1 t.	Extra Virgin Olive Oil
1 t.	Honey
To taste	Salt and Pepper
2 T.	Red onion brunoise
1 T.	Cilantro chopped

Method

1. Combine all veg/fruit, add citrus and oil
2. 20 minutes before plate up Add lobster adjust S & P
3. Strain prior to plating add juice if needed on plate up

Marinated Cucumbers

Amounts:	Ingredients:
½ each	English Cucumber
1 oz.	Fish Sauce
1 oz.	Rice Vinegar
pinch	Sugar
½ oz.	Extra Virgin Olive Oil

Method:

1. Slice cucumber 1/8 inch bias
2. Combine ingredients
3. Marinate 1 hour

Sesame Crusted Red Snapper

Amounts:	Ingredients:
2 oz.	Mixed Sesame Seeds (3x1 white to black)
4 ea.	Red Snapper portions (2oz.)
To Taste	Salt & Pepper
1T	Oil
1 T	Butter

Method:

1. Season filets with S & P
2. Crust top and bottom only, don't over do it with sesame seeds
3. Heat sauté pan over med high heat, add oil
4. Add filets seeds down and sear one minute
5. Turn over filets, turn off flame
6. Add butter, when melted baste filets with butter

Cilantro Oil

Amounts:	Ingredients:
1 bunch	fresh cilantro with stems, roots trimmed
1 oz +/-	water
1/4 teaspoon	salt
1/2 cup	olive or peanut oil

Method:

1. Process the cilantro with water and salt in a mini-chop or blender until pureed. Transfer the puree to a saucepan and bring it to a boil, then immediately remove from the heat.
2. When the puree has cooled, pour it into a jar with a tight-fitting lid. Add the oil, cover, and shake well. Refrigerate for at least 2 hours to develop the flavor.

Beurre Blanc

Amounts:	Ingredients:
3oz.	White wine
2 t.	Shallots
4oz.	Heavy cream
6oz.	Cold butter cubed
To taste	Salt and pepper

Method:

Reduce white wine with shallots au sec add heavy cream reduce by half whisk in butter a little at a time careful not to boil