



**butter braised**  
*Atlantic Lobster*  
with lobster bisque and mascarpone risotto

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Serves 4

**Ingredients**

- |   |                                  |
|---|----------------------------------|
| 4x1 lb (454 g) whole lobsters                                     | 4 fresh tarragon sprigs          |
| 1/3 cup (83 ml) white wine vinegar                                | 2 cups (500 ml) heavy cream      |
| 3 tbsp. (45 ml) coarse sea salt                                   | 2 cups (500 ml) cooked risotto   |
| 4 cups (2 quarts) water   | 2 tbsp. (30 g) mascarpone cheese |
| 2 ½ cups (625 ml) Beurre Monte                                    | 1/3 cup (83 ml) grape seed oil   |
| 1 cup Paysanne tomatoes, chopped                                  |                                  |
| 1/3 cup (83 ml) each of carrots, celery and onion, finely chopped |                                  |

**Method (Lobster)**

1. Combine water, white wine vinegar, and sea salt. Bring to a boil.
2. Cook each lobster separately by submersing each lobster into boiling water for 2 minutes, then immerse the lobsters in an ice bath and allow to rest.
3. Remove the meat from the tail and claws. Reserve the carcass for the bisque.

**Method (Bisque)**

1. Heat the oil in a large stock pot over medium heat. Place the lobster carcasses in the pot and cook over medium heat for 10 minutes.
2. Add the Paysanne tomatoes, carrots, celery and onion and sauté over medium heat for 3 - 4 minutes. Add the tarragon and water to cover the shells and bring to a simmer.
3. Continue to simmer for 1 hour while skimming the foam off the top of the stock.
4. Strain stock through a fine mesh sieve, crushing the lobster carcasses with a wooden spoon to extract as much liquid as possible. Once strained, place pot on stove and reduce stock further by 1/3.
5. Add cream and reduce to approximately 3 cups (750 ml). Season with salt and pepper.
6. Place the Beurre Monte over medium heat (be careful not to boil as it will separate).
7. Heat the lobster meat in the butter for 5 minutes until warmed through.
8. Place the lobster bisque in a sauce pan, bring to a simmer and reduce by half.
9. Add the cooked risotto (see page 69 for basic risotto recipe) and mascarpone cheese and season to taste with salt and white pepper. Simmer for another 2 minutes.
10. Remove from heat and keep warm.
11. To serve, divide the risotto among 4 serving bowls, top off with cooked lobster meat and drizzle a little Beurre Monte over the lobster.

**Ingredients**

- |                              |                       |
|------------------------------|-----------------------|
| 1 lb (454 g) unsalted butter | 1 tbsp. (15 ml) water |
|------------------------------|-----------------------|

**Method (Beurre Monte)**

1. Cut butter into small cubes and let sit until butter is at room temperature.
2. In a small sauce pan warm the water at low/medium heat.
3. When the water begins to steam, whisk in the butter cubes, one at a time until the sauce has emulsified.
4. Keep sauce in a warm place until ready to serve.

**Nutritional Facts per serving (528 g): Calories 1150**

Fat 92 g (142 %), Saturated Fat 47 g + Trans Fat 1.5 g (242 %), Cholesterol 315 mg, Sodium 690 mg (29 %), Carbohydrate 49 g (16 %), Fiber 2 g (8 %), Sugars 5 g, Protein 33 g, Vit A (25 %), Vit C (15 %), Calcium (20 %), Iron (15 %). % = % Daily Value