

Tris d'Aragosta

Description: Lobster Three Ways - Lobster Tail, Lobster Orzotto and Lobster Bisque Sauce

Serving Size: 50

Categories: Fish Entrée

Cost Per Serving	
\$	10.23

Action	Date	Initials
Created	8/17/2012	CR
Revised	7/24/2013	EA
	9/17/2013	EA
	11/19/2013	EA
	12/1/2015	EA



Amount	Measure	Ingredient	Preparation Method	Product No.
11.20	kg	Lobster tails, 4 oz dry, #1 hard shell	2 per serving	20-100002001
4.000	lt	Lobster stock	see recipe	50-100000050
		Bisque Sauce:		
0.200	kg	Butter		20-100001600
0.400	kg	Onions	chopped	20-100000835
0.400	kg	Leeks	chopped	20-100000820
0.400	kg	Fennel	chopped	20-100000816
0.200	kg	Garlic cloves	chopped	20-100000817
0.020	kg	Thyme	chopped	20-100000886
0.020	kg	Tarragon	chopped	20-100000881
0.200	kg	Tomato paste		20-100001217
0.200	lt	Brandy		20-100001670
0.200	lt	Vermouth		20-100000093
0.400	lt	White wine		20-100001689
1.000	kg	Roma tomatoes	chopped	20-100000861
4.000	lt	Lobster stock	see recipe	50-100000050
2.000	lt	Fish stock	see recipe	50-100000013
2.000	lt	Heavy cream		20-100000581
		Lobster Orzotto		
0.150	lt	Olive oil		20-100018656
0.7	kg	Onion	chopped	20-100000835
1.200	kg	Pearl barley		20-100001162
0.050	lt	Brandy		20-100001670
2.000	lt	Lobster stock	see recipe	50-100000050

0.2	kg	Parmesan cheese	grated	20-100000533
0.075	kg	Lobster butter	see recipe	50-100000005
0.5	lt	Heavy cream	reduced to half	20-100000581
0.600	kg	Lobster meat-claw knuckle, leg		20-100002002
0.06	kg	Chives	chopped	20-100000882
Garnish:				
0.08	kg	Chives	chopped	20-100000882
0.15	kg	Truffle	sliced paper thin	20-100001211
0.5	lt	Basil oil, as needed	see recipe	50-100000024
0.005	kg	Chervil sprigs		20-100000888

Method of Preparation:

Bisque Sauce:

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In a shallow pan heat the butter and sauté the onions, leeks and fennel until starting to color. Add the tomato paste, garlic, thyme and tarragon and cook for a further 2 to 3 minutes. Flambé with the brandy.

- Add the vermouth and reduce by half, then add the white wine and reduce by 3/4.
- Add the tomatoes, the lobster and fish stock and simmer for 40 minutes.
- Strain and reduce by half, add the cream and reduce to desired consistency.

Lobster Orzotto:

- Saute onion in pan with olive oil. Do not brown. Deglaze pan with brandy and let reduce.
- Add lobster stock and let reduce to 1/2 amount.
- Add cream and let reduce. Sauce should be thick and creamy. Season.
- Boil the pearl barley and cook until al dente. Drain.
- Toss the pearl barley with the lobster sauce and add parmesan cheese, lobster butter, lobster meat and chives.

- Adjust seasoning. Mixture will thicken as it sits.

Lobster Tails:

- Use two lobster tails per plate. Use the shell and meat from one and just the meat from the other. Save the empty shell for stock.
- Prepare the tails per picture and place in a single layer in a braising pan or the like. Cover with lobster stock. Bring to poaching temperature 165-180F (74-82C) and gently cook the lobster tails.
- Once the tails are ready, warm up the claw in the stock as well.
- Plate per picture and garnish with chervil.