

Cooking lobster in court bouillon - Virtual Workshop Version

Recipe for 2 portions

Description

A French cooking method perfect for shellfish.

Note

Use the following formula to calculate the cooking time for your lobsters. Start with 7 minutes for a 500 gram lobster, then add 1 minute of cooking time for each additional 100 grams.

Ingredients

Court bouillon

- 1 Small Onion
- 1 Unit(s) Carrot
- 2 Sprig(s) Celery
- 1 Unit(s) Lemon
- 1 Leaf(ves) Bay leaf
- 1 Sprig(s) Thyme
- 4 Liter(s) Cold water
- 4 Handful(s) Coarse salt
- 1 Pinch(es) Cayenne pepper

Lobster

- 2 Unit(s) Lobster

Preparation

- Preparation time **60.00 mins**

Things to do before the workshop

Ingredients

Wash the vegetables and the fresh herbs.

Equipment list

1 cutting board, 1 chef kinfe, 1 paring knife

Kitchen towels

1 wooden spoon

1 large pot

1 pair of tongs

Preparation to do with the chef

Peel and cut all the vegetables into mirepoix (2-3 cm).

Cut the lemon in 4.

Start heating the water in your pot.

Court bouillon

Add the chopped vegetables, salt, lemon, cayenne pepper, thyme and bay leaf to your pan. Bring everything to a boil and simmer for 10 minutes.

Lobster cooking

Start by removing the rubber bands from your lobster claws.

Immerse them in the court bouillon and cover.

When boiling is resumed, start a timer according to the weight of your lobsters.

Prepare ice or cold water to quickly cool the lobsters after cooking.

Do not leave them too long in cold water so as not to remove the taste of the court bouillon.

Bon appétit!