

# Lobster and chives soufflée omelette

Recipe for 4 persons

## Description

Omelette made with whipped egg whites for an unparalleled lightness, baked with a hint of maple and fresh lobster meat flavored with chopped chives.

## Note

Learn how to distinguish between a male lobster and female lobster. Under the abdomen, you will see appendages that look like small fins. There are 5 pairs. The first pair (closest to the head), is different from the other four and may help to differentiate the male from the female. In males, the first pair is large, hard and whitish. In the female the first pair is small and soft. The female lobster will take a few more minutes to cook.

## Ingredients

### For the lobster

- 1 Unit(s) Lobster
- 15 Ml Butter
- 0.25 Bunch(es) Chives
- Salt and pepper
- Butter

### For the omelette

- 8 Unit(s) Egg
- 30 Ml Maple syrup
- Salt and pepper
- Butter

## Preparation

- Preparation time **40 mins**
- Preheat your **four** at **400 F°**

### General preparation

Chop the chives finely.

### For the lobster preparation

Cook the lobster by plunging it headfirst into boiling salted water, about 8 to 10 minutes. Transfer it immediately in a bath of ice water to stop the cooking process. Remove the lobster meat from the shell using a chef's knife or specialised tongs, then slice the tail and claws into pieces. Dry the lobster meat in a dry towel.

### For the omelette preparation

Separate whites from yolks. Whisk the yolks with the maple syrup until frothy, and mount in parallel the egg whites with a pinch of salt and a couple of table spoons of water. Butter the molds, there spread the lobster, stir the whites gently into the yolks, add the chives and fill the molds. Bake immediately and cook 10 to 12 minutes, remove from oven serve immediately.

### To serve

Serve the omelette directly in the small ramekins or a transfer the portions on a plate. This dish can be accompanied with a green salad.

**Bon appétit!**