

Lobster baklava, pomegranate apples, sunflower seeds, mayonnaise sauce, chives

Recipe for 4 servings



Description

A crisp phyllo pastry, a salad of lobster meat, enhanced by condiments, all tied together with a chive mayonnaise sauce.

Note

You can afford to have a smoother mayonnaise.

Be sure to keep the pliers whole, as this will help you with the finishing touches.

Ingredients

Lobster, condiments

- 300 Gr Lobster meat
- 0.50 Unit(s) Lemon
- 1 Tbsp Sunflower seeds
- 0.25 Unit(s) Pomegranate
- Butter
- Salt and pepper
- Olive oil

Phyllo paste

- 1 Leaf(ves) Phyllo dough
- Butter
- Salt and pepper
- Olive oil

Mayonnaise with chives

- 1 Unit(s) Egg yolk
- 1 Tsp Dijon mustard
- 75 Ml Olive oil
- 25 Ml Vegetable oil
- 5 Ml White wine vinegar
- 0.50 Bunch(es) Chives

- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Setting up

Prélevez les zestes et le jus du citron.

Vous pouvez torréfier les graines de tournesol dans une poêle quelques minutes.

Prélevez les graines de la pomme-grenade.

Assurez-vous que votre pâte phyllo est bien dégelée si c'est le cas.

Humidifiez légèrement un linge, qui vous permettra de garder votre pâte phyllo sur le plan de travail sans qu'elle sèche.

Faites fondre du beurre pour la pâte phyllo.

Homard salade

Condiments

In a bowl, combine lemon juice, some of the zest, sunflower seeds and pomegranate seeds.

Salad

Mix the condiments with the lobster meat and season with salt and pepper.

Phyllo leaf

Cut out strips of phyllo dough and gently fold the sheet over itself, like an accordion. Place in a mold so that it retains this shape.

Drizzle with melted butter and place in the oven for 4 to 5 minutes, watching for browning.

Set the phyllo aside on the kitchen counter until ready to use.

Mayonnaise

Place the egg yolk, mustard and salt in a mixing bowl and whisk for a minute.

Drizzle in the oils, whisking constantly, and once the emulsion has formed, add the vinegar. Season with salt and pepper, and finish by adding the chopped chives.

Keep chilled in the bowl, and protect the mayonnaise with cling film.

Plate assembly

When ready to assemble, add two teaspoons of mayonnaise to the lobster salad.

Place three small piles of lobster salad interspersed with the phyllo dough.

Add a twist of the pepper mill and a drizzle of mayonnaise over the whole.

Sprinkle with the remaining zest to finish.

Bon appétit!