

# Lobster Roll, celery, green apples, cocktail sauce and avocado, baby spinach salad

## Recipe for 4

### Description

There is a staple of north american cuisine. The garnish won't let you insensitive either...

### Note

### COOKING TIME

**Lobster weight** As soon as the water is back to the boil, calculate:

335 g (3/4 de lb)	10 minutes
450 g (1 lb)	12 minutes
560 g (1 1/4 lb)	13 minutes
675 g (1 1/2 lb)	14 minutes
785 g (1 3/4 lb)	15 minutes
900 g (2 lb)	16 minutes

### Ingredients

#### Lobster and bread

- 2 Unit(s) Lobster
- 4 Unit(s) Lobster bread
- Salt and pepper

#### Cocktail sauce

- 250 Ml Mayonnaise
- 100 Gr Ketchup
- 1 Tsp Cognac
- 10 Drop(s) Lea & Perrins sauce
- 3 Drop(s) Tabasco
- 0.50 Unit(s) Lemon juice
- Salt and pepper

#### Stuffing

- 0.50 Unit(s) Granny smith apple
- 1 Sprig(s) Celery
- 2 Pinch(es) Espelette pepper
- 1 Unit(s) Lime zest(s)
- Salt and pepper

#### Avocado and dressing

- 1 Unit(s) Avocado
- 4 Handful(s) Baby spinach
- 150 Ml Olive oil
- 1 Tbsp Sweet mustard
- 1 Tbsp Balsamic vinegar
- 0.50 Unit(s) Lemon juice
- Salt and pepper

### Preparation

- Preparation time **45 mins**

### Prep

## **Cooking the lobster**

Put the lobsters in a big pan of boiling water for the amount of minutes indicated in the chef's tips section (l'astuce du chef)

## **Cocktail sauce**

Make a traditional mayo, 1 egg yolk, 1 table spoon of Dijon mustard, 1 table spoon of white vinegar, salt, pepper and 225 ml of vegetable oil.

## **Stuffing**

Dice finely the apple and the celery stalk.

Dice the avocado and add some lemon juice so it doesn't turn brown too quickly.

Whisk all the ingredients of your dressing, season to taste.

## Lobster

De-shell the lobsters once they're cooked and cooled down, dice the flesh from tail, shredd the one from the claws.

## Cocktail sauce

Combine the ingredients together, season to taste.

## Stuffing

In a bowl, mix the the lobster, the cubed avocado, the diced apple and celery. Add the cocktail sauce and carefully mix to combine, season with Espelette pepper et lime zest.

## Baby spinach

Before serving, mix the dressing with the spinach.

## Plating

Warm up the bread in a hot pan with a little butter, once golden brown, fill them up with the lobster stuffing.

Once on the plate, place the baby spinach next to it.

Enjoy!

**Bon appétit!**