

# Lobster tail cooked sous vide, green apple and coriander sabayon, soft polenta and burned onion |

**Recipe for 4 servings**

## Description

A new way to work lobster!

## Note

We don't use the lobster claws in this recipe but you can poach them for 5 minutes in the lobster butter broth.

The weight of a live lobster for one person should be around 400gr.

## Ingredients

### For the Lobster

- 4 Unit(s) Live lobster (400 gr)
- 1 Clove(s) Crushed garlic
- 30 Gr Butter
- Salt and pepper

### For the Sabayon

- 100 Ml Apple juice
- 15 Ml Apple cider vinegar
- 1 Unit(s) Egg yolk
- 100 Gr Clarified butter
- 0.50 Unit(s) Green apple
- 6 Sprig(s) Fresh cilantro
- 0.50 Unit(s) Lemon
- 50 Ml White wine
- 100 Gr Shallot
- Salt and pepper

### For the Onions

- 2 Unit(s) Onion
- 2 Sprig(s) Thyme
- 2 Clove(s) Crushed garlic
- 500 Ml Vegetable stock
- Salt and pepper

### For the soft polenta

- 100 Gr Polenta
- 150 Ml Fish stock
- 350 Ml 35% cooking cream
- Salt and pepper

## Preparation

- Preparation time **40 mins**
- Preheat your **bain marie** at **150 F°**

### Preparation

Crush the garlic cloves.

Remove the lobster tails from the bodies and stick them together 2 by 2, placing the crushed garlic

in between the tails. Use butcher string to tie them together. Place them in the vacuum bags. Vacuum seal.

Peel the onions and cut the roots just enough to be able to stand them. Cut the top 1/4 off each onion.

Dice the shallots. Zest and juice the lemons. Chop the cilantro. Cut the apples into small cubes (add a little lemon juice to avoid them oxidising).

### Lobster

Count 25-30 minutes of cooking the lobster at 54°C in the water bath. Once cooked, plunge the bags directly into ice water to stop them from over cooking. When ready to serve, remove from the bags, remove the shells and then sear them in a skillet with butter to get a nice coloration.

### Sabayon

Start by clarifying the butter. (Melt on low heat and skim the surface to remove milk solids)

In a sauce pot, add the apple juice, white wine, vinegar, shallots and a pinch of salt and reduce until almost dry. Clarify the eggs and add the yolks to the shallot and wine reduction. Add a few drops of cold water and start to emulsify. Place on minimum heat and emulsify as if you were making a béarnaise. Finally, add the clarified butter in a slow drizzle while continuing to whisk. Finally, add the cilantro, apple cubes, lemon zest and then season to taste. Set aside.

### Onions

In a skillet with a good quantity of olive oil add a clove of crushed garlic as well as the thyme.

Lightly season with salt and pepper the top side of the cut onions. Let them cook for quite some time in the skillet on low. (you are looking for an almost burned color) Transfer to a baking pan with high walls, caramelized side up and add the vegetable stock that was warmed to about half the height of the onions. Place a fitted lid on top, otherwise seal with aluminum foil and cook for 15-20 minutes at 420°F (braised). Remove from the oven, make sure they are cooked through and set aside.

### Polenta

In a sauce pot, place the cream and fish stock, season and bring to a boil. Add the polenta while whisking continuously. Continue to cook for 2-4 minutes, taste and season accordingly. Set aside.

### Plating

On a flat plate of your choice, with a ring mold or rectangular mold, place the polenta. Top with the lobster tail. Beside, place a braised onion. Garnish with the sabayon on the lobster and a few spots on the plate. Decorate with apple cubes, cilantro leaves and Espelette pepper.

Eat while it's hot!

**Bon appétit!**