Lobster Thermidor ; cream, white wine, mushrooms and Gruyère cheese - Virtual Workshop Version

Recipe for 2 portions

Description

A great classic of French cuisine. The lobster chest is filled with its meat, mushrooms and a little cream before being au gratin with Gruyère cheese.

Note

You can make a less rich version of this recipe by replacing the cream with a béchamel sauce.

Ingredients

Thermidor sauce

- 2 Tbsp Brandy
- 2 Unit(s) Shallot
- 2 Unit(s) Court-bouillon cooked lobster
- 100 Gr Button mushrooms
- 2 Tbsp Dijon mustard
- 200 Ml 35% cooking cream
- 100 Ml White wine
- 1 Tbsp Chopped parsley

Garnish

- 0.50 Cup(s) Gruyere cheese

Preparation

- Preparation time **60.00 mins**
- Preheat your **oven** at **400.00 F°**

Things to do before the workshop

Ingredients

Make sure all your ingredients are ready.

Wash the vegetables.

You will need:

1 cutting board, 1 chef kinfe, 1 paring knife

1 baking sheet, baking paper

1 bowl

1 rolling pin

1 wooden spoon

1 rubber spatula

1 cheese grater

1 large pan

Preparation to do with the chef

Finely slice the mushrooms.

Chop the shallots.

Grate the cheese.

Chop the parsley.

Cut the lobsters in 2 lengthwise, keeping the tail attached to the trunk. Remove the legs and claws, then remove the meat from everything.

Cut the lobster meat into pieces.

Thermidor sauce

Start by sautéing the lobster meat with a little butter in a very hot pan.

Flambé quickly with the brandy, then remove the lobster meat from the pan.

Add a little butter and cook the shallots with the mushrooms, stirring.

Add the white wine and reduce it to half before adding the cream.

When the sauce begins to have a nice consistency, finish it off with the mustard, salt and pepper.

Off the heat, add the lobster meat and chopped parsley.

Lobster cooking

Place the empty lobster carcasses on the baking sheet and fill them with the Thermidor sauce.

Cover everything with grated cheese and place in the oven for 5 minutes.

Finish cooking by grilling the cheese a little and serve immediately.

Bon appétit!