

Roasted lobster, béarnaise sauce, green asparagus and roasted fingerling potatoes

Recipe for 4 pers

Description

Live lobster, cut into 2 lengthwise and then oven roasted with tarragon butter, served with steamed asparagus and roasted fingerling potatoes for a grand meal.

Note

To prepare clarified butter: melt in the microwave and let stand so that the fat and whey separates. Remove the foam on top and get the yellow translucent liquid without touching the whey from the bottom.

Ingredients

For the roasted lobster

- 2 Unit(s) Lobster
- 4 Sprig(s) Tarragon
- 50 Gr Clarified butter
- 1 Unit(s) Shallot
- Salt and pepper

For the béarnaise sauce

- 1 Unit(s) Shallot
- 6 Sprig(s) Tarragon
- 80 Ml White wine
- 80 Ml White vinegar
- 2 Unit(s) Egg yolk
- 200 Gr Clarified butter
- Salt and pepper

For the asparagus and potatoes

- 1 Bunch(es) Green asparagus
- 500 Gr Fingerling potatoes
- 50 Gr Clarified butter
- Salt and pepper

Preparation

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

General preparation

Chop the shallots. Chop the tarragon leaves. Remove the fibrous parts from the asparagus. Cut the new potatoes in two lengthwise.

Potatoes and asparagus preparation

Mix the potato slices with clarified butter. Place on a baking sheet lined with parchment paper and roast in the oven about 30 minutes, until browned and tender. For the asparagus, steam or cook them at the last moment in a large pot of boiling water 2 minutes.

Roasted lobster preparation

Mix the clarified butter with the chopped tarragon and a few turns of freshly-ground pepper.

Cut the live lobsters in half (lengthwise), inserting the chef's knife in the center of the abdomen, cut the head and then the tail in 2.

Break off the claws using lobster tongs (or the back of the knife). Place on a baking sheet, flesh side up, and brush with tarragon butter. Roast in the oven for 8 to 10 minutes.

For the béarnaise sauce preparation

In a saucepan, combine the chopped shallots, vinegar and white wine, four turns of freshly ground pepper and the tarragon stalks.

Reduce until completely evaporated, then remove the stems. In a bain-marie, using a whisk, emulsify the egg yolks with a trickle of water. When the mixture has whitened and risen in volume, gently incorporate the clarified butter (retain the white part, the whey), until the sauce thickens, add the shallots and chopped tarragon, and set aside.

To serve

On your plate. Place half a lobster next to it, the asparagus on top and top with the Béarnaise sauce.

Arrange the ratte potatoes in another small dish. Place the asparagus on top and top with the Béarnaise sauce.

Bon appétit!