

Saffron infused risotto with lobster |

Recipe for 4 servings

Description

Beautiful golden risotto, garnished with lobster, infused with garlic, chives and lemon flavors.

Ingredients

Lobster

- 1 Unit(s) Lobster
- Salt and pepper

Risotto

- 250 Ml Arborio rice
- 50 Gr Olive oil
- 150 Ml White wine
- 1 Pinch(es) Saffron pistil
- 2 Clove(s) Chopped garlic
- 1 Liter(s) Vegetable stock
- 300 Gr Lobster meat
- 8 Sprig(s) Chives
- 150 Gr Edamame (soybeans)
- 1 Zest Lemon
- 10 Gr Butter
- 6 Unit(s) Sundried tomatoes

- Salt and pepper

Preparation

- Preparation time **45 mins**

Preparation

Peel and finely chop the onion.

Prepare the vegetable broth.

Finely dice the chives.

Chop the dried tomatoes.

Cooking the lobster

Bring stockpot 3/4 full of salted water to a boil. Once boiling, add the lobster, and cook for 12 minutes from the time the water restarts boiling. Remove from the water and place in an ice bath to cool rapidly. Once cooled, break down the lobster and remove all of the meat. Cut the meat into small chunks.

Edamame

In a saucepot with boiling salted water, add the edamame. Once tender (3-5 minutes), strain them and cool them in an icebath. Set aside. Zest your lemons and set aside.

Risotto

In a sauce pot with olive oil, sweat the onions and garlic at low heat. Add the rice and continue to cook until it is slightly translucent. Add the white wine and saffron and cook on medium heat until almost all the liquid has evaporated. Next, cover with the stock and cook until the liquid is mostly evaporated. While continually stirring, Repeat this process until the rice is cooked, al dente. Once cooked, lay the rice out on a baking sheet to stop it from cooking.

Plating

Reheat the risotto in a sauce pot with a little bit of vegetable stock, and add the lobster and edamame. Once hot, plate in a bowl or plate garnish with lemon zests, dried tomatoes, chives, a small piece of butter and parmesan cheese.

Bon appétit!