



Recipes from Crannog Restaurant

Lobster Thermidor

Ingredients

- 2 x 500g Lobster (live)
- 2 finely chopped medium shallots
- 1 bay leaf
- ½ tsp Dijon mustard
- 250ml fish stock
- 50ml white wine
- 125ml double cream
- Small handful of grated parmesan
- Small handful of chopped chives

Method

Bring a large pot of water to the boil; add the live lobsters and cover

Keep on the boil for 6–8 minutes

Whilst the lobster are cooking;

Add a small amount of oil and the shallots to a small pot

Heat gently until the shallots are soft and add the bay leaf

Add the white wine and reduce until almost gone, then add the fish stock

Reduce this down by 2/3, and then add the cream

Further reduce this by half

Take off the heat and add the mustard and chives

Split the cooked lobsters in half and pull out all the meat – don't forget the claws!

Chop all the meat roughly and return to the shells

Pour the cream mix over lobster meat

Sprinkle with parmesan and place under the grill

Grill until golden and serve