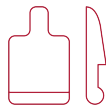




New England Lobster Rolls



DIFFICULTY: DIFFICULT



PREPARATION TIME: 2.25 HOURS COOKING TIME: 20 MINUTES



SERVES: 8

Ingredients

For the bun (Note: you can use hot dog buns to simplify the dish)

450g bread flour
10g instant yeast
25g sugar
50g milk powder
50g diced butter
1 egg
250ml water
1tsp salt
160g butter for toasting the bread

For Lobster mix

(Note: you can use precooked Lobster to simplify the dish)

4 lobster tails
250g melted butter
1 ½ tsp Gewürzhaus saltbush

Method

For the bun

Place all the ingredients except for the butter into a mixer. Knead until everything is combined then slowly add the diced butter until it is all combined, the whole process should take 10 minutes. Place in the oven and prove for 1 hr at 40°. Remove the dough and cut into 8 long pieces. Using a nonstick baking tray place them all back in the oven then prove for a further 30 minutes.

Set the oven to 220° on the Bread bake function and add a medium level of steam. (The bread can be baked from cold) Bake for 20 minutes or until the bread is golden brown on top. Remove from the baking tray and set aside to cool. Once cool separate the bread into individual portions.

For the Lobster

Remove the meat from the Lobster tail by twisting the tail and the head in opposite directions and pulling apart. Use kitchen scissors to cut down both sides of the underbelly. You will be able to place your finger between the flesh and the upper shell, pull it down and slide it out.

Place the butter and tarragon in a small pot and then set the cooktop to level 4 and melt the butter heat for 5 minutes. Place the 4 lobster tails into the butter and tarragon mix then cook for around 20 minutes, turning every few minutes until the lobster has turned white. Remove and place in the fridge to cool. (if you place a skewer through the lobster while cooking the tail will not curl)

Cut the lobster into 1.5cm cubes and place into a small mixing bowl. Add the mayonnaise, Gewürzhaus saltbush, lemon juice and zest, celery, salt and pepper and combine everything together.

1 stem tarragon

½ lemon (zest and juice)

200g mayonnaise

1 tsp dijon mustard

1 celery stick (finely diced)

Salt and pepper to taste

1 head of oak lettuce (optional)

Place a frypan on induction level 6 and add 10g of butter. Once melted add the bun and toast it lightly on both sides until it is golden brown. Repeat for all 8 buns. Cut down the centre and add the lobster mix. Serve immediately.



Notes
