

TURBOT FILLETS WITH LOBSTER SAUCE

THIS RECIPE IS OFFERED TO YOU BY BAUDOIN MILLET TO ENHANCE YOUR CHABLIS GRAND CRU VAUDÉSIR.

INGREDIENTS

1 LOBSTER APPROXIMATELY 600 G
6 TURBOT FILLETS
1 BUNCH OF PARSLEY
1 BAY LEAF
1 SPRIG THYME
200 G BUTTER
1 LEMON
10 CL WHITE WINE
2 EGGS
CAYENNE PEPPER



PREPARATION

COOK THE LOBSTER IN BOILING WATER AND ADD THE HERBS. COOK FOR 20 MIN., TURN THE HEAT OFF AND LET COOL.

SQUEEZE THE LEMON AND ADD ITS JUICE TO 75 CL OF WATER. IN A BAKING DISH, PLACE 50 G OF BUTTER WITH THE TURBOT FILLETS. COVER WITH THE LEMON WATER. PLACE BAKING DISH IN OVEN PREHEATED TO 180°C AND LEAVE IN FOR 10 MIN. TAKE THE BAKING DISH OUT OF THE OVEN AND COVER WITH ALUMINUM FOIL.

REMOVE THE LOBSTER FROM ITS POT.

PLACE IT ON ITS BACK AND CUT INTO THE BELLY MEMBRANE. GENTLY PULL OUT THE TAIL AND CUT THE WIDEST PART INTO THICKER SLICES. SET ASIDE.

DICE THE REST OF THE LOBSTER AS WELL AS WHAT YOU REMOVE FROM INSIDE THE CLAWS. REMOVE THE ROE OR CORAL (EGGS), CRUSH AND MIX WITH 150 G OF FRESH BUTTER. TAKE 10 CL OF THE BROTH THE LOBSTER COOKED IN, ADD 10 CL OF WHITE WINE AND REDUCE BY HALF OVER HIGH HEAT. REMOVE FROM HEAT, LET COOL.

INCORPORATE WHILE BEATING THE TWO EGG YOLKS, AND PUT BACK ON THE HEAT WHILE STILL BEATING TO ALLOW TO THICKEN BEFORE ADDING THE LOBSTER BUTTER. ADD A PINCH OF CAYENNE PEPPER AND THE DICED LOBSTER.

IN A PREVIOUSLY HEATED SERVING DISH, ARRANGE THE TURBOT FILLETS IN A HALF MOON. COVER THE REST OF YOUR DISH WITH THE LOBSTER SAUCE. THEN ARRANGE YOUR LOBSTER CUTLETS AND COVER WITH THE SAUCE.