



Ultimate Lobster Cake with Cucumber Ginger Salad

Tips from the Chef:

- A two-pound lobster yields approximately 8 oz of lobster meat.
- When buying a live lobster, make sure it is alive and moving. I prefer a cold-water conditioned lobster from Maine or Canada. The taste and texture of the lobster is far superior to one that has been kept and fed in tanks.
- When cooking a lobster, place the lobster into a large pot of boiling water and cover.
- Cook the lobster for approximately 8 minutes, then remove from the pot. Let cool and then remove the lobster from the shell by cutting with large scissors.

Ultimate Lobster Cake

Ingredients:

2 Tbs olive oil
1 Tbs jalapeno (skin and seeds removed, minced)
½ cup red bell pepper (skin and seeds removed, minced)
½ cup onions (minced)
sea salt to taste
fresh white ground pepper to taste
2 egg yolks
1 Tbs Tabasco sauce
2 Tbs lime juice
5 Tbs mayo
2 Tbs dijon mustard
1 Tbs chives
½ Tbs flat leaf parsley (chopped fine)
2 tsp cilantro (chopped fine)
pinch cayenne pepper
8 oz lobster meat (boiled and cut into small knuckle-sized chunks)
½ cup soft breadcrumbs
¼ cup panko bread crumbs (plus 1 cup for breading)
4 Tbs olive oil
3 lemon thyme sprigs
1 Tbs sweet butter (no salt)



Method:

- Place 2 Tbs oil into a sauté pan; heat lightly. Add the jalapeno and bell pepper with the onions; cook on low flame. Season to taste with salt and pepper. Sweat the vegetables (no color on them) until translucent approximately 5 minutes. Remove from the heat. Cool the vegetables.
- In a mixing bowl, stir the egg yolks/Tabasco/lime juice mix well. Then add mayo, mustard, chives, parsley, cilantro and cayenne pepper. Whisk well.
- Add the lobster and vegetables. Stir and add the soft breadcrumbs, and ¼ cup Panko crumbs. Mix well. Adjust the seasoning with salt and pepper.
- Spread out Panko bread crumbs on top of the counter. Place 4 ring molds 3"x1 ½" on top of the crumbs. Next divide the mixture into molds evenly. Next, add 1½ tsp Panko on top of the lobster. Press and pack the lobster into the rings with the back of a spoon, then remove the cakes from the molds using a spoon to slowly press them out of the molds. (Be careful not to break up the patty shape.)
- Add the 4 Tbs olive oil to a sauté pan, heat until semi hot. Carefully add the lobster cakes to the pan and cook slowly about 3 ½ minutes, then turn them over and add thyme springs and butter, place into a preheated 375 degree oven and cook for approximately 3 ½ minutes or until golden brown. Remove from the pan.

Serve immediately.

Yield: 4 servings

Cucumber Ginger Salad

Ingredients:

1 cup sliced cucumber (peeled, cut lengthwise, seeds removed)
1/3 cup pickled ginger (coarsely chopped)
3 Tbs pickle juice (juice that the ginger was in)
3 Tbs rice wine vinegar
2 Tbs dill (chopped, without stems)
fresh ground white pepper to taste

Method

- Place the cucumbers into a bowl.
- Add the ginger, pickled juice, rice vinegar, mix well
- Add the dill and season with fresh ground pepper.

Yield: 4 servings