

# DHARKAN BRETON LOBSTER WITH APPLES AND POMEGRANATES

🕒 35 minutes

👤 Medium



## MATERIALS

## RECOMMENDED NESPRESSO COFFEES



## INGREDIENTS

## INSPIRATIONS

## HOW TO MAKE !

**Preparation time:** - 30 minutes for the compote - 4 minutes for lobster **Degree of difficulty :** Medium **Special Equipment - A Nespresso Machine - 1 Nespresso Aeroccino - 1 vegetable peeler** **Ingredients for 1 plate - 1 capsule Grand Cru Dharkan - 60 ml of whole milk for milk foam - 1 tablespoon of stewed apples and pomegranates - 1 apple Limousin 100g diced - 20 ml of pomegranate juice - 50g pomegranate seeds - 1 400 g Breton lobster - 1 large potato in detail in beautiful blue spaghetti - 1 kumquat cut into pieces - 4 leaves of purslane - Anise , coriander, lemon , salt, pepper** **RECIPE - PREPARATION** **Cooking Lobster** - Boil water with lemon, salt and pepper

- Add a little star anise and coriander
- Heat the whole 10 minutes, then put the lobster bake ( 4 minutes for pliers, 3 minutes to the tail)
- Cool in an icewater container for 10 minutes
- Cut the lobster slices
- **Cooking stewed apples and pomegranates** Cut the apple brunoise to obtain 100 g
- In a saucepan, cook for 5 minutes over low heat with the diced 20 ml of pomegranate juice for a compote
- Add the pomegranate seeds once cooked compote **Froth and Espresso** Make an Espresso from Grand Cru Dharkan
- With the Aeroccino , prepare a warm and airy foam milk
- **Spaghetti Potato** Heat the frying oil to 170 ° C
- Peel 1 large potato beautiful blue , rinse
- Using a vegetable peeler , cut into long spaghetti
- Fry the spaghetti in the frying oil
- **RECIPEDRESSAGE** On the plate, place the stewed apples and pomegranates
- As above , add the sliced lobster , kumquat cut into pieces , some leaves purslane and spaghetti potato beautiful blue
- Coat the dish Grand Cru Dharkan foam and hot and creamy milk