

BLUE LOBSTER, ONION COMPOTE AND COFFEE BISQUE

🕒 60 min. 🍳 Difficult



MATERIALS

Mortar
Conical Strainer
Saucepans

RECOMMENDED NESPRESSO COFFEES



INGREDIENTS

Lobsters, Each Around 600g
Litres Of Vegetable Stock
215 Ml Of Dry White Wine
800 Ml Of Mineral Water
Capsules Of Master Origin India
Grand Cru
170 G Of Butter
100 G Of White Onions
Pearl Onions
40 G Of White Beans
5 G Of Carrots
5 G Of Celery Stick
2 G Of Smoked Bacon
5 G Of Shallots
3 G Of Chives
2 G Of Fine Salt

INSPIRATIONS

HOW TO MAKE !

- Remove the heads and tails from the lobsters
- Tie the tails together so that they do not close up during cooking, and set the heads aside
- Bring the vegetable stock to the boil, add the lobster tails, remove from the heat and leave to cook for 6 minutes
- Drain and leave to cool at room temperature
- Remove the shell and refrigerate
- Crush the lobster heads into a paste, using a mortar and pestle
- Mix with the wine and water in a saucepan and cook until the alcohol has disappeared
- Pass through a conical strainer and add 100g of butter
- At the last moment, pour in the coffee and stir into a froth
- Peel and clean the onions
- Chop them finely and sweat them in the butter
- Continue cooking on a low heat for 1 hour until they form a compote
- Season
- Blanch the pearl onions in a saucepan of boiling water
- Remove from the heat and cool down immediately in a bowl of iced water
- Cut the onions in half, removing the root part which holds the layers together, to separate them into petals
- In another pan of water, cook the beans, carrots, celery and smoked bacon on a low heat
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- To finish:
- Heat up the lobster tails in the bisque
- Remove and cut each tail into 4 equal portions
- Place the onion compote, beans, pearl onion petals and two slices of lobster on a dish
- Whisk the coffee bisque into a mousse and pour onto the vegetables, dressing the lobster
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