

LOBSTER RISOTTO

PUNK CHEF
ON THE ROAD



PAGE 1 OF 2

INGREDIENTS

LOBSTER:

1 LOBSTER (KEEP ABOUT 1.5 LITRE (2-3 CUPS)
OF THE LOBSTER WATER)

RISOTTO:

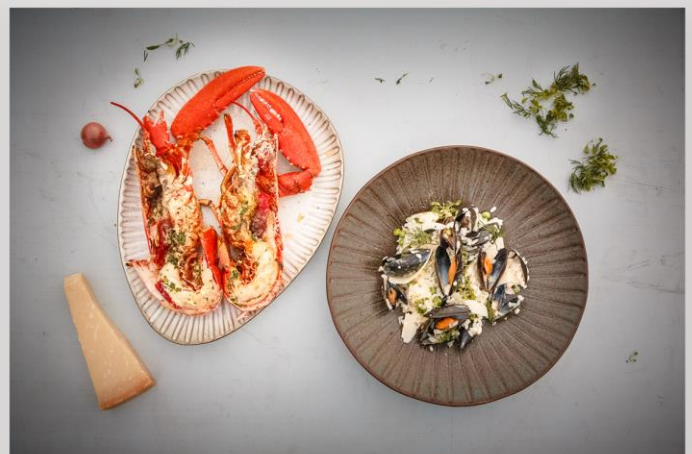
16 MUSSELS
2-3 CHOPPED SHALLOTS (DEPENDING ON SIZE)
1 TBSP OLIVE OIL
3 CLOVES GARLIC FINELY CHOPPED
1 X FENNEL BULB (KEEP THE GREEN PART
ON TOP – DILL – TO GARNISH)
400G ARBORIO RICE
100G FROZEN PEAS
150ML WHITE WINE
1/2 CUP DOUBLE CREAM
1/2 CUP PARMESAN CHEESE (GRATED AND KEEP
SOME TO GARNISH AT THE END)
GROUND FENNEL
PEA-SHOOTS

GARLIC AND HERB BUTTER:

UNSALTED BUTTER
LEMON
GARLIC
PARSLEY
CHIVES
RED CHILLI FLAKES

STORY

THE FIRST TIME I COOKED LOBSTER WAS AT ROCKLIFFE HALL UNDER KENNY ATKINSON. HE TOLD ME ABOUT CHILLING THE LOBSTERS TO MAKE THEM SLEEPY AND THEN HUMANELY KILLING THEM. I LOVE MUSSELS. THEY ARE REALLY SIMPLE TO COOK. I FORAGED FOR MUSSELS IN DENMARK AS PART OF MY EUROPEAN TOUR WITH KURT. THEY PROVE THAT SIMPLICITY IS THE BEST WAY TO COOK, WITH ONLY ONIONS, WHITE WINE, HERBS AND SOME GARLIC BEING ADDED.



METHOD

HERB AND GARLIC BUTTER

1- MIX SOFTENED BUTTER, ZEST AND SOME JUICE OF A LEMON, ALONG WITH MINCED GARLIC, SALT, CHOPPED HERBS AND CHILLI FLAKES.
2- PLACE IN THE CENTRE OF A SHEET OF CLING FILM, SHAPE INTO A ROUND LOG AND TWIST ENDS TO SEAL. REFRIGERATE FOR 30 MINUTES.

LOBSTER

1- COOK THE LOBSTER IN BOILING WATER WITH SOME SALT FOR 7-8 MINUTES, THEN REMOVE THE LOBSTER, SAVING 2-3 CUPS OF THE WATER THAT THE LOBSTER WAS COOKED IN (STOCK).



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PAGE 2 OF 2

METHOD

RISOTTO

1- IN ANOTHER PAN, ADD OLIVE OIL, SHALLOTS, GARLIC AND SLICES OF FENNEL. SWEAT THEM OFF ON MEDIUM LOW HEAT FOR 10-15 MINUTES UNTIL THEY ARE SOFT AND SWEET.

2- ADD WHITE WINE AND TURN THE HEAT UP HIGH.

3- ADD THE MUSSELS AND LET THEM STEAM THEM OPEN (2-3 MINUTES).

4- TAKE THE MUSSELS OUT, DISCARD ANY THAT HAVE NOT OPENED AND KEEP THE REST WARM UNTIL LATER.

5- ADD BUTTER INTO THE PAN, PUT IN THE ARBORIO RICE AND LADLE IN ONE SCOOP OF THE LOBSTER STOCK FROM EARLIER.

6- COOK ON A LOW HEAT UNTIL THE LIQUID HAS BEEN ABSORBED. REPEAT THIS PROCESS UNTIL THE RICE HAS PLUMPED UP IS CREAMY, BUT STILL HAS A SLIGHT BITE. ADD THE PEAS.

7- SEASON WITH PEPPER AND ADD THE WARM MUSSELS; MIX THEM TOGETHER GENTLY.

8- TAKE THE PAN OFF THE HEAT. ADD DOUBLE CREAM, PARMESAN CHEESE AND SALT IF REQUIRED (PARMESAN IS QUITE SALTY).

9- HALF THE LOBSTER AND PUT THE GARLIC AND HERB BUTTER ON IT. GRILL BBQ STYLE UNTIL THE BUTTER MELTS.

10- SPOON SOME RISOTTO IN A BOWL. GARNISH WITH FENNEL POWDER, DILL, PARMESAN SHAVINGS AND PEA SHOOTS.

