

World Gourmet Summit 2004 Culinary Masterclass

The Cuisine of
Laurent Gras
Fifth Floor, San Francisco, USA

Lobster Cappuccino



Serves 4

INGREDIENTS

Chestnut Puree:

1 ltr chicken stock
500g chestnuts, without skin
95g butter

Lobster Broth:

1kg Lobster Broth:
lobster's head with claws, cut into small pieces
4 Olive oil
310g garlic cloves, crushed
155g fennel, chopped
310g shallots, peeled, chopped
125g tomatoes, diced
185ml tomato paste
600ml **Martell Cognac**
4.2 ltr white wine
chicken stock
Chilli pepper

185g prepared chestnuts puree
30ml **Martell Cognac**
90g butter
'Fleur de sel' sea salt
Espelette pepper
Lemon juice

Shellfish Butter:

Olive oil
995g lobster head and claw, chopped
120ml shellfish broth
480ml water
480g clarified butter

Shrimps:

4 Maine shrimps, shelled
'Fleur de sel' sea salt
Cracked pepper

Lobster:

4 lobster for 1/2 tail
150ml white wine
150ml orange juice
140g butter
Espelette chilli pepper

Whipped Cream Dressing:

Whipped cream
Finely grated lemon peel
Lemon juice
Espelette pepper

	Lobster Soup:
60ml	lobster broth
15g	butter
	Lemon juice
	Corn starch

Method:

1. For the Shrimps: Sear the shrimps with the prepared shellfish butter and season to taste with sea salt and pepper.
2. For the Lobster: Reduce the white wine over heat in a saucepan to half its original volume and then pour in orange juice and bring the liquid to a boil. Season with salt and pepper and a drop of lemon juice. Then poach the lobster half in the butter mixture until the lobster is medium rare. Discard the tail.
3. For the Whipped Cream Dressing: Mix the whipped cream with the lemon peel, lemon juice and pepper.
4. For the Lobster Soup: Reduce the reserved lobster broth in a pot over heat, until the flavours are as intense as desired, then add in the fresh butter and a drop of lemon juice, thicken the sauce with corn starch, and pour it into a coffee pot to serve.
5. For the Chestnut Puree: Pour the chicken stock in a soup pot, add the chestnuts and fresh butter and then bring stock to a boil. Reduce heat and slowly simmer for 30 minutes until the chestnuts are tender, then strain away the stock and pass the chestnuts through a Japanese sieve.
6. For the Lobster Broth: Saute the lobster head pieces for a few minutes in a pan, then pour in some olive oil and saute the lobsters until the shells start to turn colour. Then add the garlic, fennel and shallots and simmer slowly. Next add the diced tomato and continue sauteing until the sauce thickens. Then add the tomato paste, 185ml **Martell Cognac** and white wine. Reduce the liquid to half its original volume, then pour the chicken stock and slowly simmer for an hour, skimming the surface occasionally to clear the broth. Finally, season with chilli pepper and strain the broth through a fine sieve. Reserve 60ml of the broth for the whipped cream sauce.

Bring the rest of the lobster broth to a boil in a clean pot, then add 30ml **Martell Cognac** and slowly simmer for 20 minutes. Melt butter into the broth, then transfer to a blender and blend until smooth. Season with sea salt and pepper, then strain through a muslin cloth. Just before serving add a drop of lemon juice to emulsify the broth.

7. For the Shellfish Butter: Heat some olive oil in a saucepan and add the chopped lobster shells. Saute slowly until they turn colour, then add the shellfish broth and water and continue to simmer for 10 minutes. Finally, add clarified butter and allow the mixture to slowly simmer for another 1 hour until the liquid has been reduced by half and butter becomes clear. Strain and then refrigerate in an ice water bath.

To Serve:

Place the poached lobster and the seared shrimps in the center of the plate with some of the cooking liquid, spoon whipped cream dressing around the plate and serve with lobster soup on the side.