



Scottish Lobster with roast carrot and lobster sauce

SERVES 2

Ingredients list:

- 2 Scottish lobsters (around 350g each)

For the lobster sauce (*makes 10 portions – freeze what you don't need for future use*)

- 1kg lobster shells cleaned
- 2 carrots
- 2 celery sticks
- 1 onion
- 1tbsp tomato paste
- 200ml brandy
- 700ml fish stock
- 600ml chicken stock

For the lobster salad

- 1 tbsp mayonnaise
- ½ tbsp chives

Method:

1. Blanch the lobster for 3 minutes, refresh in ice water and remove shells. Reserve claws for the BBQ and use the rest of the leg meat for lobster salad. Finely chop the leg meat and mix with the mayonnaise and chopped chives, before serving on tapioca crisps. Reserve shells for the lobster sauce.
2. Lobster sauce: Roast shells in oven at 180°C until dry and caramelised, and colour the vegetables in a large saucepan. Add the shells and tomato paste to the saucepan and cook for two minutes. Add the brandy and bring the mix to a boil, then add enough of the fish stock to just cover the shells. Bring to a boil and then gently cook for one hour before passing through a fine sieve and reducing.
3. Brush the lobsters with a little oil and a pinch of paprika and season with Maldon sea salt then grill on the BBQ just before serving with the thick claw pieces.