

Lobster Napoleon, Cognac cocktail sauce, avocado |

Recipe for 4 servings



Description

Tasty starter prepared with lobster meat served cold in a cognac cocktail sauce and presented in alternative layers of diced avocado with lemon.

Note

Learn how to distinguish between a male lobster and female lobster. Under the abdomen, you will see appendages that look like small fins. There are 5 pairs. The first pair (closest to the head), is different from the other four and may help to differentiate the male from the female. In males, the first pair is large, hard and whitish. In the female the first pair is small and soft. The female lobster will take a few more minutes to cook.

Ingredients

For the lobster and avocado

- 1 Unit(s) Lobster
- 2 Unit(s) Avocado
- 5 Ml Lemon juice
- Salt and pepper

For the cocktail sauce

- 30 Ml Ketchup
- 1 Unit(s) Shallot
- 15 Ml Cognac
- 5 Sprig(s) Chives
- 100 Ml Hellmann's mayonnaise
- Salt and pepper

Topping

- 4 Pinch(es) Pea sprouts
- Salt and pepper

Preparation

- Preparation time **30 mins**

General preparation

Cut the avocados lengthwise, remove the pit and pick the flesh. Cut into small cubes and mix it with a dash of lemon juice, salt and pepper. Chop the shallot.

Lobster preparation

In plenty of boiling water, dip the lobster and cook it for 6-8 minutes. Let it cool down a bit and break the tail and claws using scissors and tongs to get the flesh. Cut the flesh into pieces and reserve in refrigerator.

Cognac cocktail sauce preparation

In a bowl, mix the mayonnaise, ketchup, Cognac and season to taste. Mix the lobster meat with the cocktail sauce and the chop shallot.

To serve

Using a small cookie cutter, mount your storied alternating diced avocado and lobster salad.

Bon appétit!