



Angry Lobster with Lemon Rice and Crispy Basil

READY IN



45 min.

SERVINGS



6

CALORIES



1118 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground plus more to taste
- ☐ 6 servings pepper black freshly ground
- ☐ 2 tablespoons ground pepper
- ☐ 1 cup chicken stock see
- ☐ 4 cups chicken stock see
- ☐ 0.3 cup chili powder
- ☐ 1.5 teaspoons coarse salt plus more to taste
- ☐ 2 tablespoons coarse salt plus more to taste

- ☐ 0.5 cup sun-dried olives julienned
- ☐ 1 large bunch basil fresh washed and dried well
- ☐ 0.5 cup basil fresh loosely packed
- ☐ 1 clove garlic minced
- ☐ 8 cloves garlic minced
- ☐ 1 cup juice of lemon fresh
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 pound pd of lobster
- ☐ 1.5 tablespoons olive oil
- ☐ 0.5 cup onion diced finely
- ☐ 1 cup vegetable oil; peanut oil preferred
- ☐ 1 tablespoon pepper red hot
- ☐ 3 cups rice
- ☐ 2 tablespoons butter unsalted
- ☐ 4 cups vegetable oil
- ☐ 2 cups wondra quick-mixing flour
- ☐ 1 large zucchini diced trimmed seeded

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ slotted spoon

☐ candy thermometer

☐ oven mitt

Directions

☐ Combine the Wondra flour, chili powder, cayenne, and salt in a plastic bag. Set aside.

☐ Cut the live lobsters in half.

☐ Remove the claws and break the claws open to expose as much meat as possible.

☐ Remove the meat from the lobsters and place it into the seasoned flour. Shake to coat well.

☐ Remove the lobster from the flour and shake off any excess.

☐ Preheat the oven to 475 degrees.

☐ Heat the oil in a large saut pan over high heat until smoking.

☐ Add the lobster pieces, cut side down, a few at a time, if necessary, and sear them for about 4 minutes, or until they are golden brown.

☐ Transfer the lobster to a baking sheet, and when all of the lobster is seared, place the baking sheet in the preheated oven and bake for 10 minutes.

☐ While the lobster is baking, prepare the sauce. Return the saut pan to medium heat and add the garlic and red pepper flakes. Saut for about 3 minutes, or until the garlic is golden brown but not burning.

☐ Add the stock and bring to a boil. Lower the heat and simmer for 5 minutes.

☐ Whisk in the butter and remove the pan from the heat.

☐ Whisk in the lemon juice, basil leaves, and the tomato julienne. Season with salt and pepper to taste.

☐ Remove the lobster from the oven.

☐ Place a mound of Lemon Rice in the center of each of six plates.

☐ Place equal portions of the lobster over the rice. Spoon the sauce over the top of each mound and garnish with Fried Basil.

☐ Serve immediately.

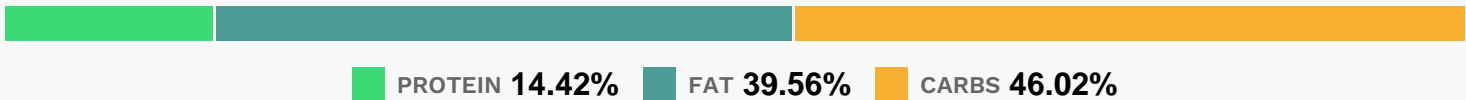
☐ Heat the oil in a medium saucepan over medium heat.

☐ Add the onions and allow them to sweat their liquid for 4 minutes.

☐ Add the garlic and sweat for an additional 3 minutes. Stir in the rice and saut it for 1 minute.

- ☐ Add the stock (or water), lemon juice, salt, and pepper.
- ☐ Raise the heat and bring the stock to a boil. Boil for about 15 minutes, or until the liquid has reduced to about 1 1/2 cups. Lower the heat and tightly cover the rice. (If you don't have a tight-fitting lid, cover the rice with aluminum foil.) Simmer for 30 minutes, or until the rice has absorbed all of the liquid.
- ☐ Remove the pan from the heat and allow the rice to steam for 15 minutes. Do not uncover the pan. When ready to serve, fluff the rice with a fork.
- ☐ If using the zucchini, while the rice is resting heat the optional 2 tablespoons of olive oil in a large saut pan over medium-high heat.
- ☐ Add the zucchini and saut for 4 minutes, or just until slightly softened. Season with salt and pepper to taste. When ready to serve the rice, add the zucchini and fluff it into the rice.
- ☐ Heat the oil to 350 degrees on a candy thermometer in a large saucepan over high heat.
- ☐ Standing as far back from the pot as possible and wearing an oven mitt, drop the basil leaves into the hot oil. The oil may bubble and splatter. Fry for about 1 minute, or until the leaves are crisp. Using a slotted spoon, transfer the leaves to a double layer of paper towels to drain.
- ☐ Book, using the USDA Nutrition Database
- ☐ From David's Burke's New American Classics by David Burke and Judith Choate Copyright (c) 2006 by David Burke Published by Knopf./n /nDavid Burke is the coauthor, with Carmel Berman Reingold, of Cooking with David Burke. He is a graduate of the Culinary Institute of America, was trained in France, and was the first American to be awarded the prestigious Meilleurs Ouvriers de France Diplome d'Honneur. His other awards include Japan's Nippon Award of Excellence, the Robert Mondavi Award of Excellence, and the Culinary Institute's August Escoffier Award. He is the executive chef and co-owner of davidburke & donatella, and executive chef and sole owner of David Burke at Bloomingdale's, both in New York City. He lives in Fort Lee, New Jersey.

Nutrition Facts



Properties

Glycemic Index:71.53, Glycemic Load:46.78, Inflammation Score:-10, Nutrition Score:47.523912957181%

Flavonoids

Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg Hesperetin: 6.25mg, Hesperetin: 6.25mg, Hesperetin: 6.25mg, Hesperetin: 6.25mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 1118.04kcal (55.9%), Fat: 50.01g (76.94%), Saturated Fat: 10.01g (62.58%), Carbohydrates: 130.9g (43.63%), Net Carbohydrates: 121.81g (44.3%), Sugar: 10.75g (11.95%), Cholesterol: 177.33mg (59.11%), Sodium: 3935.34mg (171.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.01g (82.03%), Selenium: 103.01µg (147.15%), Copper: 2.35mg (117.27%), Vitamin A: 4507.26IU (90.15%), Manganese: 1.73mg (86.63%), Vitamin K: 90.12µg (85.83%), Vitamin E: 10.32mg (68.78%), Vitamin B3: 11.43mg (57.14%), Phosphorus: 473.88mg (47.39%), Zinc: 6.79mg (45.25%), Vitamin B6: 0.9mg (44.83%), Vitamin C: 34.68mg (42.03%), Potassium: 1373.1mg (39.23%), Fiber: 9.09g (36.35%), Vitamin B2: 0.6mg (35.56%), Iron: 6.34mg (35.25%), Magnesium: 133.73mg (33.43%), Vitamin B5: 3.29mg (32.93%), Vitamin B1: 0.49mg (32.89%), Folate: 121.23µg (30.31%), Vitamin B12: 1.6µg (26.59%), Calcium: 220.15mg (22.01%)