



Cantonese-Style Lobster with Ginger and Scallions



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



2981 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 chives yellow cut into 2-inch pieces
- ☐ 0.5 cup cornstarch divided
- ☐ 2 inch ginger peeled cut into fine matchsticks
- ☐ 2 pd of lobster soft
- ☐ 1 long pepper green hot finely sliced
- ☐ 0.5 cup chicken stock low sodium homemade store-bought
- ☐ 1 quart vegetable oil; peanut oil preferred

- ☐ 1 teaspoon salt
- ☐ 1 bunch spring onion finely sliced
- ☐ 0.3 cup rice wine dry
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 teaspoon pepper white

Equipment

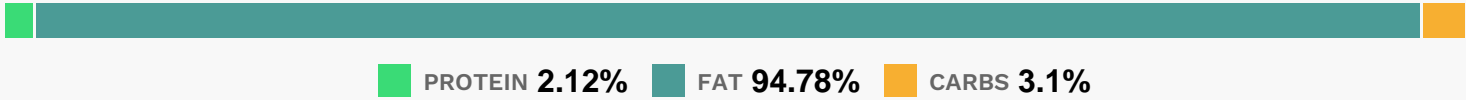
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ wok
- ☐ colander
- ☐ cutting board
- ☐ chefs knife
- ☐ cleaver

Directions

- ☐ Combine wine, soy sauce, and 1 tablespoon corn starch in a small bowl and mix with a fork until smooth. Stir in chicken stock. Set aside.
- ☐ Add 1 inch of water to a pot or wok fitted with a steamer attachment and bring to a boil.
- ☐ Add lobsters and steam for 3 minutes.
- ☐ Remove and transfer to cutting board. Allow to cool slightly.
- ☐ Twist off tail and claws from lobsters.
- ☐ Remove guts from lobster head and rinse clean for garnish. Using a heavy chef's knife or cleaver, split tails in half lengthwise, then into thirds crosswise forming six pieces.
- ☐ Transfer to a large bowl.
- ☐ Cut both knuckles from each claw and add to bowl with tails.
- ☐ Remove small side of claw by breaking it off by hand and add to bowl.
- ☐ Cut each claw in half exposing meat and add to bowl.

- ☐ Heat oil to 375°F in a large wok, adjusting heat as necessary to maintain temperature. Season lobster with salt and pepper.
- ☐ Add remaining cornstarch to bowl with lobster and toss until pieces are well-coated. Carefully add lobster pieces to hot oil one piece at a time until half of them have been added. Fry, agitating occasionally with a metal spider, until the cornstarch coating is crisp and pale golden brown, about 1 1/2 minutes.
- ☐ Transfer to a colander set in a bowl to drain. Repeat with remaining lobster pieces.
- ☐ Pour off all but 1 tablespoon oil (save it for another use) and return wok to high heat until lightly smoking.
- ☐ Add ginger, scallions, hot pepper, and yellow chives (if using) and cook, stirring and tossing constantly, until fragrant and very gently softened, about 1 minute. Return lobster to pan and toss to coat. Stir up wine mixture (cornstarch may have settled to the bottom of the bowl) and add to wok. Cook, stirring and tossing constantly until mixture has bubbled and thickened, coating the lobster and vegetables. Immediately transfer to a serving platter, garnish with lobster heads, and serve.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:17.905652326086%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 2980.82kcal (149.04%), Fat: 316.44g (486.82%), Saturated Fat: 53.56g (334.73%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 22.56g (8.2%), Sugar: 0.49g (0.55%), Cholesterol: 106.68mg (35.56%), Sodium: 1481.78mg (64.43%), Alcohol: 3.22g (100%), Alcohol %: 0.81% (100%), Protein: 15.89g (31.78%), Vitamin E: 50.32mg (335.47%), Selenium: 54.48µg (77.83%), Copper: 1.2mg (60.04%), Vitamin K: 27.29µg (25.99%), Zinc: 3.15mg (21.03%), Vitamin B12: 1.09µg (18.16%), Phosphorus: 167.35mg (16.74%), Vitamin B5: 1.27mg (12.68%), Vitamin B3: 2.22mg (11.08%), Magnesium: 42.16mg (10.54%), Calcium: 87.84mg (8.78%), Potassium: 273.88mg (7.83%), Manganese: 0.14mg (7.15%), Vitamin B6: 0.12mg (6.07%), Iron: 0.97mg (5.38%), Vitamin A: 257.24IU (5.14%), Vitamin C: 4.13mg (5.01%), Folate: 19.35µg (4.84%), Fiber: 0.73g (2.91%), Vitamin B2: 0.05mg (2.69%), Vitamin B1: 0.03mg (1.94%)