



## Lobster Américaine

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**540 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 basil
- 1.5 tablespoons peppercorns black
- 0.5 cup brandy
- 1 tablespoon cooking oil
- 2 tablespoons garlic sliced
- 4 pound pd of lobster whole
- 0.5 teaspoon sea salt divided fine
- 0.5 cup shallots sliced

- 2 cups fish stock
- 2 tarragon
- 2 tablespoons tomato paste
- 0.5 cup butter unsalted cut into large pieces
- 0.5 cup mirin
- 2 tablespoons water
- 0.3 cup whipping cream
- 0.1 teaspoon pepper white freshly ground
- 4 servings frangelico

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- sieve
- baking pan
- cutting board
- chefs knife

## Directions

- To prepare the lobsters, plunge a heavy chef's knife through each head just above the eyes, making sure the knife goes all the way through the head. Pull the knife in a downward motion between the eyes. Twist off claws where they join the bodies; set claws aside. Twist off tails from the bodies. Reserve bodies.
- Place tails on a cutting board; press to flatten.
- Cut in half lengthwise.

- Remove the vein that runs down the center of each tail. Cover and refrigerate tails.
- Bring a large saucepan of water to a boil.
- Add claws to boiling water; cook 5 minutes.
- Remove claws from pan, and cool. Separate knuckles from claws.
- Remove meat from knuckles and claws.
- To prepare sauce, heat canola oil in a large, shallow saucepan over medium-high heat.
- Add lobster bodies to pan; cook for 5 minutes, stirring occasionally.
- Add shallots and garlic; saut 1 minute.
- Add peppercorns and tomato paste; reduce heat to medium, and cook 1 minute, stirring constantly. Stir in brandy and vermouth; cook until liquid is reduced by half (about 5 minutes).
- Add 2 cups Shrimp Stock; bring to a boil. Reduce heat to low, and simmer 10 minutes.
- Add cream, basil, and tarragon; simmer for 5 minutes. Strain mixture through a fine sieve over a bowl. Discard solids. Stir in 1/4 teaspoon salt and ground white pepper. Keep warm.
- Preheat oven to 35
- To prepare beurre mont, bring 2 tablespoons water to a simmer in a small saucepan.
- Add butter, 1 tablespoon at a time, stirring constantly with a whisk until butter melts.
- Sprinkle remaining 1/4 teaspoon salt over tails.
- Brush 3 tablespoons beurre mont over tails. Arrange tails in a baking dish.
- Bake at 350 for 10 minutes or until done.
- Add claw and knuckle meat to remaining beurre mont; cook over low heat until thoroughly heated.
- Remove tail meat from shells; place one piece of tail meat in each of 4 shallow bowls. Divide knuckle and claw meat evenly among servings, and discard remaining beurre mont. Spoon 1/2 cup sauce over each serving.

## Nutrition Facts

  

 **PROTEIN 22.65%**  **FAT 66.4%**  **CARBS 10.95%**

## Properties

Glycemic Index:73, Glycemic Load:2.73, Inflammation Score:0, Nutrition Score:23.823043470797%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 540.49kcal (27.02%), Fat: 33.82g (52.03%), Saturated Fat: 18.73g (117.03%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 10.19g (3.7%), Sugar: 3.93g (4.36%), Cholesterol: 239.11mg (79.7%), Sodium: 1292.19mg (56.18%), Alcohol: 12.87g (100%), Alcohol %: 3.98% (100%), Protein: 25.96g (51.92%), Selenium: 83.92µg (119.88%), Copper: 1.91mg (95.54%), Manganese: 0.78mg (38.89%), Zinc: 4.96mg (33.07%), Vitamin B12: 1.78µg (29.69%), Phosphorus: 295.88mg (29.59%), Vitamin A: 1108.04IU (22.16%), Vitamin B5: 2.08mg (20.83%), Vitamin B3: 4.14mg (20.7%), Vitamin E: 3.09mg (20.63%), Calcium: 204.03mg (20.4%), Potassium: 641.75mg (18.34%), Magnesium: 70.01mg (17.5%), Vitamin B6: 0.34mg (17.14%), Vitamin K: 12.97µg (12.35%), Iron: 1.82mg (10.11%), Fiber: 2.36g (9.45%), Folate: 32.24µg (8.06%), Vitamin B2: 0.13mg (7.61%), Vitamin C: 5.74mg (6.95%), Vitamin B1: 0.07mg (4.5%), Vitamin D: 0.66µg (4.42%)