



Lobster and Fennel Napoleon with Herbed Lobster Cream

READY IN



75 min.

SERVINGS



4

CALORIES



1587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 servings canola oil for frying
- ☐ 1 cup vermouth dry
- ☐ 4 eggs
- ☐ 4 small fennel bulbs cut top to bottom into
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 32 ounces heavy cream

- ☐ 4 servings kosher salt
- ☐ 4 pound lobsters cut in half lengthwise, tails and claws removed
- ☐ 2 tablespoons olive oil
- ☐ 4 servings olive oil for grilling
- ☐ 5 cups panko bread crumbs
- ☐ 4 shallots roughly chopped

Equipment

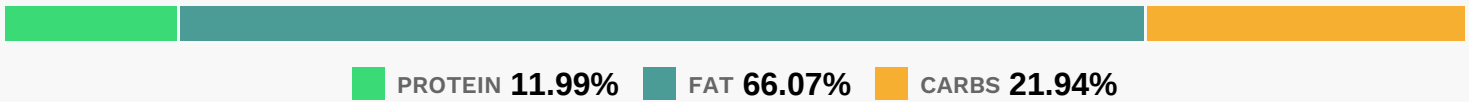
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ grill

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Place the lobster claws in water for 3 minutes. Dont cook them through, but enough to be easily removed from the shell.
- ☐ Remove the claws from the water.
- ☐ Add the tails to the water and cook for 3 minutes. Extract the meat from the claws and the tails and set aside.
- ☐ In a large saute pan over medium-high heat, add 2 tablespoons olive oil.
- ☐ Add the shallots, garlic and any scraps from the sliced fennel, saute until slightly brown.
- ☐ Add the lobster bodies, the cracked shells from the tails and the claws, saute another 5 minutes.
- ☐ Add a few good pinches of kosher salt and stir.
- ☐ Deglaze with vermouth and simmer until the alcohol is mostly cooked down.
- ☐ Add the heavy cream, turn the heat to low.

- ☐ Let simmer for about 30 minutes. Strain, add tarragon and pepper. Dice the par-cooked lobster tail, and add to the cream mixture.
- ☐ While the cream is simmering, crack the eggs into a large bowl and whisk.
- ☐ Add the sliced fennel and coat well.
- ☐ Pour the bread crumbs onto a plate. Dip each fennel slice in the panko, pressing firmly to coat completely on both sides.
- ☐ Lay the coated fennel slices on a plate.
- ☐ In a large saute pan, heat 1/2 cup of canola oil over medium heat. Fry the breaded fennel one piece at a time, making sure not to overcrowd the pan. When golden brown on one side, flip and cook the other side to the same golden brown, about 3 to 4 minutes on each side.
- ☐ Drain the fennel on paper towel and season with salt.
- ☐ The next step works better with a grill, but if this isnt an option, a saute pan works well.
- ☐ Preheat a grill. Coat the par-cooked claws with olive oil, salt, and pepper.
- ☐ Place the claw meat on a very hot grill, cook about 2 minutes per side, and remove from the heat.
- ☐ To construct a plate, lay down one slice of fennel, then place one claw on top.
- ☐ Layer another slice of fennel and another claw on top. Spoon the cream liberally over the top, making sure each plate gets a nice amount of tail meat.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:6.24, Inflammation Score:-10, Nutrition Score:55.172608499942%

Flavonoids

Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 1586.77kcal (79.34%), Fat: 115.43g (177.59%), Saturated Fat: 58.03g (362.71%), Carbohydrates: 86.21g (28.74%), Net Carbohydrates: 74.48g (27.08%), Sugar: 22.62g (25.14%), Cholesterol: 581.26mg (193.75%), Sodium: 1530.41mg (66.54%), Alcohol: 5.7g (100%), Alcohol %: 0.87% (100%), Protein: 47.14g (94.28%), Selenium: 122.35µg (174.78%), Vitamin K: 174.99µg (166.65%), Copper: 2.16mg (108.15%), Vitamin A: 3967.58IU (79.35%), Manganese: 1.54mg (76.81%), Phosphorus: 688.6mg (68.86%), Vitamin B2: 1.05mg (62.01%), Vitamin B1: 0.86mg (57.43%), Vitamin E: 8.6mg (57.34%), Calcium: 568.72mg (56.87%), Potassium: 1798.22mg (51.38%), Folate: 199.33µg (49.83%), Zinc: 7.35mg (49.01%), Fiber: 11.73g (46.93%), Vitamin B3: 8.9mg (44.5%), Vitamin B12: 2.6µg (43.41%), Iron: 7.73mg (42.94%), Vitamin B5: 4.14mg (41.43%), Vitamin C: 33.02mg (40.02%), Magnesium: 154.19mg (38.55%), Vitamin B6: 0.64mg (32.24%), Vitamin D: 4.51µg (30.06%)