



Lobster Salad



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 bay leaves
- ☐ 15 peppercorns black
- ☐ 4 servings boston lettuce leaves for serving
- ☐ 2 cups canola oil
- ☐ 0.5 cup celery diced
- ☐ 0.3 cup champagne vinegar
- ☐ 4 teaspoons dijon mustard
- ☐ 2 large pasteurized egg yolks

- ☐ 2 teaspoons chives fresh minced plus more for serving
- ☐ 2 teaspoons tarragon fresh minced
- ☐ 1 clove garlic
- ☐ 2 teaspoons hot sauce
- ☐ 1 teaspoon hungarian paprika
- ☐ 4 servings kosher salt
- ☐ 4 lemons for serving
- ☐ 3 pounds maine lobsters
- ☐ 10 sprigs parsley
- ☐ 1 teaspoon pepper flakes red
- ☐ 4 sprigs thyme leaves

Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ tongs

Directions

- ☐ Make the poaching liquid: Freeze the lobsters for 20 minutes. (This sedates them and makes them more manageable.) Meanwhile, combine 1 gallon water, the bay leaves, thyme, red pepper flakes, paprika, parsley and peppercorns in a large pot. Halve the 4 lemons; squeeze the juice into the pot and then add the halves. Season the liquid with salt until it tastes as salty as the ocean. Bring to a boil; reduce the heat to a simmer.
- ☐ Kill the lobsters: This is the most humane method: Position the point of a knife on the middle of the back of the head; push the point straight down through the shell and lower the knife through the head. (The lobster may continue to move for a few minutes.)
- ☐ Poach the tails and claws: Hold each lobster over the pot of simmering liquid and twist the tail away from the body.

- ☐ Put the tails in the pot and cook 3 minutes, then twist off the large claws (with the knuckles attached), add to the pot and cook 7 more minutes.
- ☐ Transfer the lobster tails and claws to a bowl with tongs; let cool to room temperature.
- ☐ Put the egg yolks, garlic, mustard, vinegar, hot sauce and 1 1/2 teaspoons salt in a food processor; pulse to combine. With the motor running, add the canola oil in a slow, steady stream and process until thick and creamy.
- ☐ Scrape into a bowl and set aside.
- ☐ Shell the lobsters: Stand each claw on one of its narrow edges and whack the top with a knife. Wiggle the knife until a crack runs through the claw.
- ☐ Repeat on the opposite edge, if necessary, to make the crack bisect the shell. Pull the claw apart and remove the meat.
- ☐ Insert the handle of a spoon into each knuckle and twist to pull out the meat.
- ☐ Lay each tail on its side.
- ☐ Put the palm of your hand on top, then press that hand with the heel of your other hand until the shell cracks.
- ☐ Hold the tail with the underside facing up. With your thumbs, grab the edges of the bottom of the shell.
- ☐ Bend back the edges of the shell to crack open the underside and remove the tail meat.
- ☐ Chop the lobster meat: Pull the flat piece of cartilage from the middle of each piece of claw meat and discard. Halve each tail lengthwise and clean out any visible vein or roe.
- ☐ Cut the claw, knuckle and tail meat into bite-size pieces.
- ☐ Combine the lobster meat, celery, about 1/4 cup aioli, the tarragon and chives in a bowl; toss. (Cover and refrigerate the rest of the aioli for up to 4 days.) Scoop the lobster salad onto butter lettuce leaves and sprinkle with more chives.
- ☐ Serve at room temperature with the lemon wedges.
- ☐ Photograph by Jim Franco

Nutrition Facts



 **PROTEIN 21.07%**  **FAT 64.56%**  **CARBS 14.37%**

Properties

Glycemic Index:89.63, Glycemic Load:2.37, Inflammation Score:-9, Nutrition Score:25.8999999722191%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 5.77mg, Apigenin: 5.77mg, Apigenin: 5.77mg, Apigenin: 5.77mg Luteolin: 2.67mg, Luteolin: 2.67mg, Luteolin: 2.67mg, Luteolin: 2.67mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 348.18kcal (17.41%), Fat: 26.16g (40.25%), Saturated Fat: 2.75g (17.2%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 8.85g (3.22%), Sugar: 3.15g (3.5%), Cholesterol: 212.77mg (70.92%), Sodium: 733.05mg (31.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.21g (38.42%), Selenium: 67.84µg (96.92%), Vitamin C: 65.25mg (79.09%), Copper: 1.37mg (68.75%), Vitamin K: 64.5µg (61.43%), Vitamin E: 5.55mg (36.98%), Zinc: 3.83mg (25.51%), Vitamin B12: 1.36µg (22.61%), Phosphorus: 224.79mg (22.48%), Vitamin A: 969.89IU (19.4%), Vitamin B5: 1.93mg (19.32%), Fiber: 4.25g (16.98%), Manganese: 0.32mg (16%), Calcium: 154.57mg (15.46%), Vitamin B6: 0.3mg (14.77%), Magnesium: 58.97mg (14.74%), Potassium: 481.42mg (13.75%), Iron: 2.26mg (12.54%), Folate: 47.68µg (11.92%), Vitamin B3: 1.97mg (9.83%), Vitamin B2: 0.13mg (7.43%), Vitamin B1: 0.1mg (6.73%), Vitamin D: 0.46µg (3.06%)