



Lobsters with Tarragon Vermouth Sauce



Gluten Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons mirin dry
- ☐ 3 large egg yolk
- ☐ 1.5 teaspoons tarragon fresh chopped
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 5 lb pd of lobster
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sea salt fine

- ☐ 0.5 cup butter unsalted
- ☐ 6 qt water
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ tongs

Directions

- ☐ Bring water and sea salt to a boil in an 8- to 10-quart pot. Plunge 2 lobsters headfirst into water and cook, covered, over high heat 7 minutes from time lobsters enter water, then transfer with tongs to sink to drain. Return water to a boil and cook remaining 2 lobsters in same manner.
- ☐ Melt butter and cool until just warm.
- ☐ Whisk together vermouth, vinegar, and yolks in a metal bowl, then set bowl over a small saucepan of boiling water and heat mixture, whisking, until warm.
- ☐ Add melted butter in a slow stream, whisking, then whisk in salt and pepper. Cook sauce, whisking, until thickened and registers 160°F on an instant-read thermometer, about 5 minutes.
- ☐ Remove pan from heat and keep bowl in saucepan. Just before serving, stir in lemon juice and tarragon.
- ☐ Working from belly side, halve each lobster lengthwise with a sharp heavy knife or kitchen shears.
- ☐ Serve lobsters with sauce.

Nutrition Facts

  
 **PROTEIN 31.09%**  **FAT 67.39%**  **CARBS 1.52%**

Properties

Glycemic Index:25.5, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:21.459565281868%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 379.12kcal (18.96%), Fat: 27.64g (42.53%), Saturated Fat: 16.1g (100.6%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.1g (0.12%), Cholesterol: 400.33mg (133.44%), Sodium: 6130.23mg (266.53%), Alcohol: 1.07g (100%), Alcohol %: 0.08% (100%), Protein: 28.69g (57.38%), Selenium: 108.45µg (154.92%), Copper: 2.39mg (119.72%), Zinc: 6.11mg (40.74%), Vitamin B12: 2.28µg (38.02%), Phosphorus: 315.03mg (31.5%), Vitamin B5: 2.72mg (27.15%), Calcium: 211.89mg (21.19%), Magnesium: 78.87mg (19.72%), Vitamin A: 931.52IU (18.63%), Vitamin E: 2.37mg (15.8%), Vitamin B3: 2.61mg (13.05%), Vitamin B6: 0.23mg (11.47%), Potassium: 365.75mg (10.45%), Manganese: 0.19mg (9.42%), Folate: 37.54µg (9.39%), Vitamin D: 1.11µg (7.43%), Vitamin B2: 0.11mg (6.44%), Iron: 1.08mg (6.02%), Vitamin B1: 0.06mg (3.85%), Vitamin K: 2.28µg (2.17%)