



Poached Lobster Tails, and Fried Oyster with Mango and Avocado Purée

READY IN



45 min.

SERVINGS



4

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocado
- ☐ 6 peppercorns whole black
- ☐ 1 teaspoon ground pepper
- ☐ 2 bay leaves dried
- ☐ 1 cup flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 5 juice of lime
- ☐ 1 optional: lemon halved

- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 1 tablespoon juice of lime freshly squeezed
- ☐ 64 ounce lobster tail pieces
- ☐ 1 mangos diced peeled
- ☐ 12 dozens oysters
- ☐ 1 teaspoon paprika
- ☐ 2 teaspoon sea salt plus more to taste fine
- ☐ 2 tablespoons cream sour
- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons butter unsalted
- ☐ 4 servings vegetable oil for frying
- ☐ 4 quarts water
- ☐ 1 cup wine

Equipment

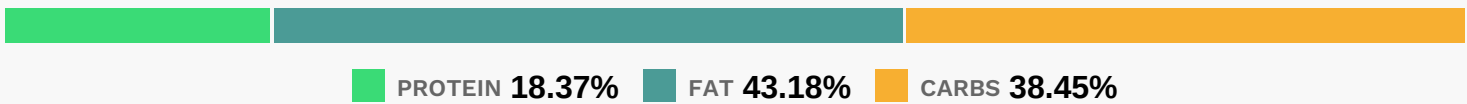
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ kitchen thermometer

Directions

- ☐ In a blender or food processor, combine the mango, sugar, lemon and lime juice and process until smooth. Season to taste with salt, cover, and refrigerate until ready to use.

- ☐ In a blender or food processor, combine the avocados, sour cream, key lime and lemon juice and process until smooth. Season to taste with salt, cover, and refrigerate until ready to use.
- ☐ In a large pot over moderately high heat, bring the water, wine, lemon halves, bay leaves, peppercorns, and salt to a boil.
- ☐ Add the lobster tails and poach for 6 minutes then transfer to a large baking sheet to let cool. When cool enough to handle, crack open the lobster shells and remove the meat. Set aside while you fry the oysters.
- ☐ Line a large baking sheet with paper towels. Fill a heavy-bottomed medium saucepan with 1 inch of oil, leaving at least 3 inches between the oil and the top of the saucepan.
- ☐ Heat the oil over moderately high heat until a deep-fry thermometer registers 350°F.
- ☐ In a small bowl, whisk together the flour, cayenne, paprika, and salt. Dredge the oysters in the flour mixture, shaking off any excess. Working in batches, fry the oysters, turning once, until golden brown, about 5 minutes.
- ☐ Transfer as done to the paper towel-lined baking sheet. Continue to fry the remaining oysters, returning the oil to 350°F between batches.
- ☐ In a large sauté pan over moderate heat, melt the butter and garlic together.
- ☐ Add the lobster tail meat and sauté, basting with the melted butter, until heated through.
- ☐ Arrange 1 lobster tail and 3 oysters on each of 4 plates.
- ☐ Serve with mango and avocado purées on the side.

Nutrition Facts



Properties

Glycemic Index:96.59, Glycemic Load:28.69, Inflammation Score:-9, Nutrition Score:36.172608448111%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 6.85mg, Eriodictyol: 6.85mg, Eriodictyol: 6.85mg, Eriodictyol: 6.85mg

Eriodictyol: 6.85mg Hesperetin: 12.02mg, Hesperetin: 12.02mg, Hesperetin: 12.02mg, Hesperetin: 12.02mg
Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.01mg, Apigenin:
0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg
Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.18mg, Myricetin:
0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg,
Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 624.92kcal (31.25%), Fat: 29.09g (44.76%), Saturated Fat: 8.96g (56%), Carbohydrates: 58.29g (19.43%),
Net Carbohydrates: 48.57g (17.66%), Sugar: 19.21g (21.35%), Cholesterol: 189.09mg (63.03%), Sodium: 1767.21mg
(76.84%), Alcohol: 6.18g (100%), Alcohol %: 0.54% (100%), Protein: 27.84g (55.69%), Selenium: 93.7µg (133.85%),
Copper: 2.32mg (115.83%), Vitamin C: 57.72mg (69.96%), Zinc: 7.34mg (48.93%), Folate: 183.87µg (45.97%), Fiber:
9.71g (38.86%), Vitamin B5: 3.67mg (36.69%), Phosphorus: 334.56mg (33.46%), Vitamin B12: 1.99µg (33.09%),
Vitamin B3: 6.26mg (31.32%), Vitamin E: 4.63mg (30.9%), Manganese: 0.62mg (30.82%), Vitamin A: 1498.46IU
(29.97%), Potassium: 1037.53mg (29.64%), Vitamin K: 30.94µg (29.46%), Vitamin B6: 0.57mg (28.62%),
Magnesium: 114.36mg (28.59%), Vitamin B1: 0.38mg (25.67%), Vitamin B2: 0.37mg (22.05%), Calcium: 192.13mg
(19.21%), Iron: 3.19mg (17.71%), Vitamin D: 0.16µg (1.05%)