



Poached Lobster with Vegetable Macedonia

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 10 peppercorns black
- ☐ 2 carrots with tops
- ☐ 1 handful peas fresh
- ☐ 4 servings optional: lemon
- ☐ 0.5 pound pd of lobster
- ☐ 2 handfuls turtle beans french
- ☐ 4 servings salt

- ☐ 2 spring onion
- ☐ 3 turnip with tops
- ☐ 1.8 cups wine
- ☐ 0.5 cup greek yogurt greek-style
- ☐ 1 pinch allspice hot

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

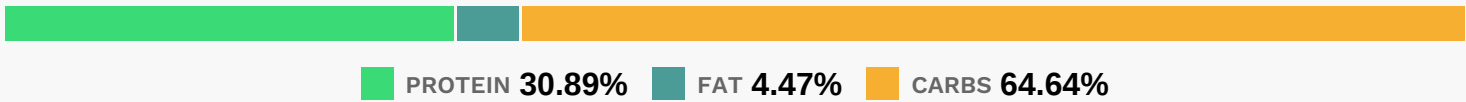
Directions

- ☐ Peel and wash 2 carrots with tops and 3 turnips with tops. Wash and de-string 2 handfuls of French beans.
- ☐ Cut these vegetables into very small dice (brunoise).
- ☐ Shell a handful of fresh peas.
- ☐ Heat salted water in a saucepan and prepare a bowl of water and ice cubes.
- ☐ Immerse all the vegetables in the boiling water for 4 minutes, then drain and plunge them in the ice water.
- ☐ Drain once more, put in a large bowl, and set aside.
- ☐ Pour 3 quarts of water and 1 3/4 cups of white wine into a large cooking pot.
- ☐ Add 10 black peppercorns and bring to a boil. Plunge a 1 1/2-pound lobster into the liquid, put on the lid, and cook for 5 minutes once it returns to a boil.
- ☐ Take the lobster out and, as soon as it's not burning hot, shell the tail, elbows, and claws.
- ☐ Remove the black intestinal vein. Take the sand sac from the head and collect the coral.
- ☐ Cut the shell of the head and tail in half lengthwise. Rinse and dry them.
- ☐ Cut up the meat and add it to the bowl of vegetables.
- ☐ Trim, wash, and finely chop 2 scallions and put them in a bowl.
- ☐ Add the lobster coral, 1/2 cup Greek-style yogurt, the juice of an unwaxed lemon, a little of its grated zest, and a pinch of Piment d'Espelette or hot paprika. Taste and correct the seasoning

with salt and freshly ground black pepper.

- ☐
- Pour this sauce into the bowl of vegetables and lobster. Stir gently, then distribute this mixture into the shells of the half tails and half heads.
- ☐
- Arrange on a dish and keep cold until serving.
- ☐
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Nutrition Facts



Properties

Glycemic Index:84.92, Glycemic Load:4.74, Inflammation Score:-10, Nutrition Score:14.02956517883%

Flavonoids

Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 157.04kcal (7.85%), Fat: 0.43g (0.66%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 10.9g (3.96%), Sugar: 7.08g (7.87%), Cholesterol: 21.41mg (7.14%), Sodium: 358.8mg (15.6%), Alcohol: 10.81g (100%), Alcohol %: 4.85% (100%), Protein: 6.63g (13.26%), Vitamin A: 5162.42IU (103.25%), Vitamin C: 26.08mg (31.61%), Selenium: 13.44µg (19.19%), Manganese: 0.36mg (17.98%), Vitamin K: 17.59µg (16.75%), Copper: 0.33mg (16.38%), Potassium: 447.01mg (12.77%), Fiber: 2.97g (11.9%), Phosphorus: 118.25mg (11.82%), Vitamin B6: 0.22mg (11.01%), Calcium: 96.48mg (9.65%), Magnesium: 35.66mg (8.91%), Vitamin B2: 0.14mg (8.27%), Zinc: 1.18mg (7.85%), Folate: 29.26µg (7.31%), Vitamin B5: 0.65mg (6.49%), Vitamin B12: 0.37µg (6.22%), Vitamin B3: 1.13mg (5.67%), Vitamin B1: 0.08mg (5.19%), Iron: 0.89mg (4.93%), Vitamin E: 0.42mg (2.78%)