

LOBSTER ARTURO

This dish calls for a 2-part preparation.

PART I: INGREDIENTS

2 Florida lobster tails
1 stalk of celery
1 tblsp. sea salt
1 small carrot
1 small onion
2 bay leaves
1 clove

PREPARATION:

Apart from lobster tails, place all ingredients in a pot of cold water (about 1 gallon) and bring to a boil for about 5 minutes. Remove pot from burner and allow it to cool until lukewarm.

Add lobster tails to warm broth and bring it back to a boil and immediately remove the lobster tails from the broth. Place each lobster tail on a cutting board and cut in half, lengthwise. Remove the vein and then remove the lobster meat from the shell.

Put the shells back into the broth and simmer it for about ½ hour to concentrate flavors. Strain the broth and set aside in refrigerator for future use as fish stock.

PART II: INGREDIENTS

2 prepared and cleaned lobster tails
A light olive oil
1 living bibb lettuce
1 grapefruit - peeled and sectioned
1 Valencia orange – peeled and sectioned
1 lemon
Italian parsley
Salt
Pepper

PREPARATION

Place the lobster tails in a stainless steel saucepan and pour enough oil to cover half of lobster meat. Slowly heat until lobster becomes red on the outside. Remove lobster tails with tongs and place on rack or paper towels to drain.

Combine orange and grapefruit sections and toss with fresh lemon juice, olive oil, chopped parsley, the poached lobster, and salt & pepper to taste.

Open the head of bibb lettuce in a pasta bowl and fill with lobster salad. Sprinkle lightly with parsley and serve.