

Lobster or Homard A l'Armoricaine

Serves 6 :

Preparation and cooking time : 55 minutes

Ingredients :

- 6 lobsters (already cooked or not)
- 50ml oil nut
- 50g butter
- 6 shallots chopped
- 2 cloves garlic chopped
- 1 small handful parsley finely chopped
- 6 ripe tomatoes peeled, de-seeded and chopped
- 1 'bouquet garni' (parsley, thyme, bayleaf)
- 300ml Muscadet
- 90 ml Calvados
- Sea salt and black pepper

Ask your fisher to sell you lobsters already cooked, that will save you time and worrying ! Effectively this dish may appear cruel because you may have to cook the lobsters. If you decide to make the recipe from the start and cook the lobsters, you can proceed as following: bring water to the boil, add a 'bouquet garni' (parsley, thyme, bayleaf). When it is boiling, put the lobsters in it. Remove them from the water when they take a red color.

Or, if you don't cook the lobsters using boiled water you can as well proceed as following :

Cut the lobsters in half down the middle of the body. Cut the tail in chunks following the line of the joints. Reserve the coral. The claws: break them open without crushing the 'meat'.

Heat the oil in a large saucepan. Toss the lobsters chunk in it until they turn red. Pour off the excess oil.

De-glaze the pan with the Calvados and flame it. Add the shallots, garlic, tomatoes, parsley and 'bouquet garni'. Pour on the wine and add the salt and pepper. Cover and simmer for 20 minutes under a low heat.

Remove the lobsters. Keep them warm. in a deep serving dish. Reduce the liquid by half. Mash the coral and butter together the add this mixture bit by bit to the reduced sauce. Beat well to make the sauce smooth and thick.

Strain over the lobsters and serve immediatly.

Recommended wine with this dish :

- A dry white Muscadet matches well with this recipe.

