

Saffron Butter Poached Lobster & Crispy Sweetbread, Yukon Gold Pagodas, Sauce Imperial.

by Chef Jean-Jacques Texier
Batifole, Toronto

Serves 2

1 Nice live east coast lobster about 1 lb
(or substitute with popcorn shrimp)
1 Globe of fresh sweet bread (ask your butcher to clean) 1 lb
(or substitute with chicken fingers)
1/2 lb of unsalted butter
2 tbl spoon of sour cream
1 large egg
2 pc Yukon gold Potato
1 pc Ginger
1 pc Lemongrass
1 pc lemon
1 onion cut
1 carrot cut
1 head garlic
1 spring of fresh thyme
2 tbl spoon white vinegar
2 tbl spoon tomato paste
1 tbl spoon salted Red pepper paste (Portuguese Market)
or Substitute with 1 pc red pepper
1 tbl spoon Indian Tandoori Paste
1 cup white wine
1 bay leaf
2 pc cloves
1 tea spoon coriander Seed
1/2 tea spoon Saffron Filaments
1 bag vegetable Chips
1 cup bread crumbs
salt & pepper, olive oil

Now We prep the sweetbread

Place the sweetbread in a container under running cold water until the water runs clear.

In a small pot put two cup of cold of water, the globe of sweet bread, 2 tbl spoon vinegar, the bay leaf, the cloves, 3 cloves of garlic, the thyme, generous pinch of salt.

Bring to a boil and cook for 7-9 minutes.

Remove from the liquid and place on ice. Reserved and refrigerate.

Now We prep the lobster

In a large pot put 3 inch of water in the bottom and bring to a strong boil over high heat, Place the lobster in the pot and cover with the lid to steam for about 8 minutes. Turn the lobster on its back at half way to ensure even cooking. Remove and let cool down on a tray.

Take the lobster separate the tail from the body, cut the shell in half with scissors (do not cut the meat) break the claws remove the meat.

Reserve the head and all the shell for making of the sauce.

Melt 1/4 lb of butter until it foams, add the juice of 1/2 lemon (be careful if too hot it may splatter) and a pinch of saffron. Cut the lobster meat in nice medallions and drop them in the butter do not cook anymore just let it sit in the butter, reserve, if for more than one hour refrigerate.

{note all the mise en place above can be done the day before. }

Now we make the sauce

In a large pot we add in order: a generous drop of olive oil, the cut onion, ginger, carrot, lemon grass, garlic. Roast for few minutes add the bay leaf, the coriander seeds, tomato paste, red pepper paste, Tandoori paste, roast some more, add the lobster head and carapace (crushed if possible) roasted some more add the white wine and enough water to almost cover the ingredient in the pot. simmer very slowly for a minimum of one hour, stir often, (add water if needed) pass through a fine strainer. Put back on the stove and reduce until you are left with 1/2 cup, Reserve.

Now we make the Mash potato

Peel, quartered and cook in large amount of salted water, the two potato's until soft, strained and let steam for few minutes. Place in a mixing bowl and break with a fork. Do not overwork. Add half the butter (1/8 lb) remaining, 2 tbl spoon sour cream, a generous pinch of saffron. Season to taste. Place the mash in a piping bag or (Ziploc). Reserve in the hottest place in the kitchen (Ex; above a bain-marie).

Now we finish the sweetbread

Take the sweet bread remove all remaining membranes, and break into small nuggets about (1/2 inch) roll the nuggets in seasoned (salt,pepper) flour,then toss them quickly in one beaten egg, remove excess moisture, toss them in the bread crumb until nicely coated. Reserve.

Now we Finish the sauce

Warm up the sauce over medium heat, add the rest of your butter (1/4 lb) while stirring and squeeze the half lemon, taste and season. keep warm but do not boil.

Now we Warm up the lobster and saute your sweetbread

Slowly melt the butter and lobster, without boiling. Over high heat saute the sweetbread nuggets in a little olive oil with a pinch of salt, until golden and crispy.

Now we ready to assemble our plate.

Warm up your plate. Using the bag cut an opening and pipe a dollop of potato's mash, cover with a chip, repeat, until the pagoda reach the desire high.

Place a pool of sauce in the middle of your plate and arrange the lobster over it.

Place the sweetbread around. Garnish with a couple green leafs. Et Voila!

Bon appetit!

Batifole is in a middle of a table d'hote promotion for the charity **Stop for food** so we will feature this dish when I come back as of *Friday March 27*