BASCO
GOURMET SPAIN TO YOUR DOOR

Lobster Salpicón



PREP TIME
15 MINS

COOK TIME
32 MINS

TOTAL TIME

SERVES 6 PEOPLE

EASY

Ingredients

2kg live lobster
1/2 red pepper, super finely diced
1/2 green pepper, super finely diced
2 large banana shallots, super finely diced
2 tbsp of fresh chives, super finely chopped
Extra virgin olive oil
Sherry vinegar
Sea salt to taste

Method

To cook the lobster, place the lobster in the freezer for 10 minutes to make it go sleepy. Bring a large pan of well salted water to the boil (about 25–30g salt per 1 litre of water). Place the lobster head first into the boiling water, ensuring it is completely covered in water, then put the lid on the pan and bring the water back to the boil. Lower the heat to a simmer and cook gently for about 8 minutes per 500g, until the lobster turns red and the tail tightens against the body. Once cooked, remove the lobster from the water and place in ice cold water to cool down rapidly.

Prepare the lobster by separating the tail from the head. Use a pair of scissors to cut open the tail shell through the internal shell lining and peel the tail off. Lightly crack the shell claws with the back of a knife to release the meat in one piece and spoon the coral from the head into a bowl. The shells and coral can be re-used to make a beautiful lobster bisque.

To serve, cut the lobster meat into small pieces and arrange on large serving platter. Season with sea salt, sprinkle the diced peppers, shallots and chopped chives and dress with plenty of sherry vinegar and quality extra virgin olive oil. Served with toasted bread and a chilled glass of salty manzanilla from Sanlucar.

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