



45°N
63°W

DECONSTRUCTED LOBSTER ROLL

INGREDIENTS:

- 1 Nova Scotia lobster / per person
- 1 cup vegetable stock
- Lemon juice
- 2 cups of fresh chives, chopped
- Canola oil
- 10 large white onions, sliced
- 1 large potato
- ½ a loaf brioche bread, chopped into cubes
- Olive oil
- Salt

INSTRUCTIONS:

LOBSTER

Add just enough water to fill $\frac{1}{8}$ of a large pot. Add in sea salt to make the water as salty as the sea. Bring water to a boil and steam the lobsters for 20 minutes. Remove from pot and place in salted ice bath to stop the cooking. Once lobsters are cooked, remove shells and place in fridge until ready to serve. Prior to serving, melt 2 cups of butter over low heat. Place lobster pieces in melted butter to bring up to temperature.

ONION SOUBISE

(yields 1L – plenty for several Deconstructed Lobster Rolls)

In a pan over low-medium heat, cook sliced onion until soft and translucent. Do not add any colour. Slowly add stock throughout cooking process. Onions should always be covered in 1 inch of stock. Once translucent, blitz until smooth. Add small amounts of pan liquid to keep a smooth and creamy texture. Pass through a fine shive to remove any onion chunks. Add salt and lemon to taste.

POTATO CHIPS

Using a mandolin, slice potato and soak in cold water to remove excess starch, about 1 hour. Once soaked, dry potato between sheets of paper towel until all liquid has been absorbed. Potato should become white around the edges. Heat oil to 300-325 °F, fry potato until bubbles no longer appear. Remove from oil, salt to taste.

CHIVE OIL

Combine chopped chives with olive oil until flavour and colour bleeds into oil. Strain through a cheesecloth.

BRIOCHE CROUTONS

In a pan over medium heat, toss bread and olive oil. Season with salt and toast until golden brown.

Recipe provided by Andy Hay, Masterchef Canada.



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