



# LOBSTER

## BY INTER SCALDES \* \* \*

### Ingredients:

2 eastern lobsters weighing 700  
to 800 g  
a large bunch of pine twigs  
50 g butter  
2 shallots  
1 mango  
50 ml Oban whisky  
court bouillon  
1 cup Ghoe Cress

### *Quenelle carrot cream*

1 carrot  
1 potato  
orange juice

### PREP TIME

*Dish by Paul de Groot and Ruben van Helvert - Restaurant Inter  
Scaldes\*\*\**

Start soaking pine needles in water one day in advance. Leave  
this overnight.

The next day, light a medium amount of charcoal and heat your  
Kamado to 85°C. When the Kamado is at temperature, place the  
grid in the Kamado. Place the grid on the highest level. For this  
recipe, work with direct heat.

### PREPARATION

Finely chop the shallots and add the butter to this. Let this  
steam for 15 - 20 minutes on your Kamado or cooker. No need  
to stir in the meantime but make sure your shallots don't burn,  
they will stew gently in the pan.

*Citrus sauce*

2 stewed shallots (see recipe for preparation)  
150 ml Yuzu juice or citrus fruit juice  
200 g cold butter in cubes  
dash of cream  
pepper and salt

**Supplies:**

Kamado  
grill grid  
drip pan  
baking mat  
tweezers  
woodchipper  
pan suitable for Kamado  
sieve

**Kamado set up:**

Direct heat

Next, prepare the mango brunoise. A brunoise means that you cut the mango into very fine (equally sized) cubes. When you have done this, add the whisky and leave it aside.

Then make the quenelle carrot cream. To do this, boil the carrot and potato al dente and then puree them. Then add a splash of orange juice.

Cook the lobster in a court bouillon for 3 minutes.

Then cut the lobster tails in half. Make a bed of pine branches in the drip pan and place the tails in between. Smoke the lobsters for 20 minutes.

Add the soaked pine needles to the coals using the woodchipper.

In the meantime, make the citrus sauce. To do this, heat the yuzu juice and stewed shallots in a pan and bring to the boil. Let this reduce and add a dash of cream. Strain the sauce and collect the liquid, put the liquid on low heat and now add the cold butter while stirring. Season with salt and pepper.

When the lobsters are done, serve with the braised shallots, the brunoise of mango, a few sprigs of Ghoe Cress, the quenelle of carrot cream and the citrus sauce.