

Lobster tail medallions with wild rice and white wine & clam juice sauce

Recette pour 4

Description

Lobster tail, with wild rice and an impeccable white wine-clam juice-shallot sauce.

L'idée déco

2 very simple tips. The cooking of the lobster. Make sure it isn't overcooked, there is nothing more boring than to eat an overcooked sea product. The clam juice is the key also. Good amount of shallots mixed with the clam juice will work, just make sure they are all opened.

Voilà!

Ingrédients

Court bouillon

- 4 Unit(s) Lobster
- 4 Unit(s) Yellow beet
- 1 Unit(s) Carrot
- 1 Unit(s) Leek
- 1 Unit(s) Celery
- 1 Unit(s) White onion
- 4 Leaf(ves) Bay leaf
- 4 Sprig(s) Thyme
- 4 Unit(s) Cloves
- 200 Ml White wine
- 2 Liter(s) Water

- Salt and pepper

Clam juice

- 2 Unit(s) Chopped shallot
- 200 Gr Clams
- 300 Ml White wine
- 200 Ml 35% cooking cream

- Salt and pepper

Wild rice

- 200 Gr Wild rice
- 400 Ml Chicken stock
- 100 Gr Button mushrooms
- 100 Gr Shiitake mushroom

- 2 Clove(s) Chopped garlic
- 6 Sprig(s) Parsley
- 20 Unit(s) Red grapes
- Salt and pepper

Préparations

Temps de préparation **90.00 mins**

Mise-en-place

Mince the carrot, the leak and the celery. Small cubes with the shallots. Chop the garlic and the parsley. Make sure the mushrooms are clean and chop them also. Grapes all in two.

Yellow beets

In a big stewpot covered with cold water, cook the beets for an hour give or take. Cool them down at room temperature to cut them each in to, then in 5mm thick quarters.

Wild rice and mushrooms

Bring the chicken broth to a boil then add the rice and lower down the heat to slowly cook for an hour.

In the meantime, in a sauce pan with a bit of oil and butter, colour the mushrooms until golden brown then add the garlic until everything's together and then the parsley.

Once the rice is fully cooked add it to the mushroom mix with the grapes.

Clam juice

In a stewpan, at medium heat (5), cook the shallots until translucent, add the clams while augmenting the heat to medium-high (7) 3 to 4mins then deglaze with the white wine. Heat back to 5 on the stove, cover everything and cook it for 5mins or until the clams open.

What you want is the juice, sieve everything. Liquid back in a sauce pan then add the cream and let everything come together at low heat for a good 8-10mins. With a hand mixer, this is optional, blend the sauce to make an emulsion.

Cooking the lobster

Throw all the vegetables in a stewpot and make sure to have a good coloration. Water in, bring to a boil then let it simmer for 10mins. Sieve the broth and let it cool down a bit.

Broth rested, bring it to a boil then add the lobsters for 10-12mins (you can stab them in the head beforehand) then in iced water to stop the cooking.

Take the shell off the lobsters.

Plating

Cut the lobster tail in 5 medallions and between each, a nice slice of yellow beet.

Once this is done, put them all in the oven 3mins, just to flash them, not to cook them and give them heat.

Mold the rice into a rectangular cookie cutter in the desired plate.

Pour generously the creamed clam juice all over the stacked rice and lobster.

Bon appétit!