

## ***Lobster Salad***

### **Ingredients**

1 live female lobster  
water  
salt  
lettuce  
endive  
seasonal salad greens  
1 small beetroot  
2 eggs  
1 small cucumber

### **Cooking Utensils**

knife and cutting board  
tongs  
large cookpot  
large salad bowl  
salad fork and spoon  
small cookpot  
sieve  
large wooden spoon  
nutcracker and picks  
2 plates  
slotted spoon

### **Serving Utensils**

salad plates  
salad forks

### **Ingredients**

olive oil  
vinegar  
1 tsp. premade mustard  
2 egg yolks  
1/4 tsp. anchovy essence  
salt  
cayenne pepper

### **Cooking Utensils**

measuring spoons  
mixing bowl  
whisk  
small bowl

### **Serving Utensils**

The dressing is seasoned to taste. Use equal amounts of good quality olive oil and vinegar. Separate the eggs. Combine all the ingredients in the mixing bowl and whisk until smooth. The dressing can be made in advance of the dinner and stored in an airtight container in the refrigerator.

To make the lobster salad, make the dressing in advance (see the recipe above). Boil water in a large cookpot on the stove over high heat and add salt. Put the lobster in the water and hold it under the water with a large wooden spoon until it stops moving. Boil the lobster 5 minutes, then reduce the heat to low and simmer an additional 15 minutes. The lobster should be bright red in color all over when it is done. When the lobster is done, use the tongs to remove it from the pot and run it under cold water to stop the cooking process. Using the nutcracker and picks, remove the meat from the lobster. Set the meat from the tail aside and cut up the rest of the meat for the salad. Save the coral but discard the rest of the innards. Place the cut pieces of meat on a plate. Pass the coral through a sieve and place it on the plate next to the lobster meat. Cut the tail into nice

square pieces and place them on the plate. Bring water to boil on the stove in the small cookpot and hard-boil the eggs at least 10 minutes. When the eggs are done, use a slotted spoon to remove them from the cookpot and run them under cold water to stop the cooking process. Shell the eggs and separate the whites from the yolks. Chop the white part of the eggs very finely and pass the yolks through a sieve. Place the sieved yolk next to the chopped white on a plate. Cut off the top and root of the beetroot. Chop a small amount of beetroot and place it on the plate next to the eggs. Peel and slice the cucumber, then place the slices on the plate. Wash all the salad greens, shake out any excess water, and chop the lettuce, endive, and any of the seasonal greens that need it. The dish can be prepared up to this point in advance.

In a salad bowl, mix the greens and chopped lobster with the salad dressing. Place the salad on the salad plates and arrange the garnish in an alternating circular pattern of cucumber slices and squares of lobster tail. Next, alternate the egg whites, yolk, coral, and beetroot on top of the cucumber slices. Serve chilled. The salads can be arranged before the dinner starts, but should be kept chilled.