



# RECIPES

## Half-Roasted Lobster with Vanilla-Saffron Beurre Blanc and Edamame

By Chef Tramonto

- 4 C heavy cream
- 1 C vegetable stock
- $\frac{3}{4}$  T saffron thread
- 2 vanilla beans, split lengthwise
- 6 T unsalted butter
- 2 T homemade crème fraîche
- kosher salt
- black pepper, freshly ground
- 3 ea 2-lb lobsters
- 4 T clarified butter
- 1 C edamame beans, peeled and blanched, tossed with a little butter, for garnish
- 1 C diced purple potatoes, for garnish, see below
- Micro fennel greens for garnish

Preheat the oven to 350°F.

To make the vanilla-saffron butter, combine the cream, stock and saffron in a medium saucepan. With the tip of small, sharp knife, scrape the seeds from the vanilla beans into the cream and bring to a boil over medium heat.

Whisk in 2 tablespoons of the butter and the crème fraîche. When the butter emulsifies and the sauce is smooth, taste and season with salt and pepper. Remove from the heat. Using a slotted spoon, remove the vanilla seeds. Whisk before using.

Cut the lobsters in half lengthwise and thoroughly clean out the cavity above the tail.

In a large sauté pan, heat the clarified butter over medium heat. Put the lobsters, meat side down, in the pan and cook for 3 to 4 minutes. Turn and cook for an additional 3 to 4 minutes on the other side, until medium rare and the shells turn red. (Do not overcook meat. You will be reheating later.) Take off heat and let rest. Remove tail meat and chop into 4-5 chunks. Return chunks to shell.

Transfer the lobsters to a baking sheet and dot each lobster with about a tablespoon of the remaining butter. Bake for 3 to 4 minutes or until heated through.

Remove from the oven and set aside for 5 minutes.

Place a half lobster on each plate and garnish each with 10-12 edamame beans, potatoes and vanilla-saffron butter. Garnish each serving with micro fennel greens.

Serves 6

#### Diced Purple Potato

- 6 purple potatoes, peeled and cut to small dice
- kosher salt
- 2 T unsalted butter
- black pepper, freshly ground

In a saucepan, cover the potatoes with cold water and season lightly with salt. Bring to a boil over medium-high heat, reduce the heat and simmer for 15 to 20 minutes or until tender. Drain in a colander and spread the potatoes on a baking sheet to cool.

To serve, melt the butter in a sauté pan over low heat until foaming. When the foam subsides, add the potatoes and sauté for about 5 minutes or until heated through. Season to taste with salt and pepper.

Makes 1 ½ cups