

Lobster Thermidor (Homard Thermidor)

Yield: 10 servings

Serving Size: One half-lobster

INGREDIENTS:	<i>U.S. Standard</i>	<i>Metric</i>
Lobster	<i>5 each at 1 ½ pounds</i>	<i>5 each at 679 grams</i>
Court bouillon	<i>2 quarts</i>	<i>1.88 liters</i>
Roux blanc	<i>5 ounces</i>	<i>142 grams</i>
Mustard powder, hot	<i>½ ounce</i>	<i>14 grams</i>
Heavy cream	<i>4 ounces</i>	<i>118 milliliters</i>
Salt	<i>As needed</i>	<i>As needed</i>

METHOD OF PREPARATION:

1. Gather all the ingredients and equipment.
2. Boil or steam lobster in flavored court bouillon or sea water. Do not overcook (8 to 9 minutes).
3. Shock and cut shell lengthwise (1- to 1½-inch/2.54- to 3.8-centimeter) wide strip with scissors, removing sac and tail meat. Rinse lobster shell in cool water.
4. Make a cream sauce from the roux blanc and strained court bouillon. Flavor with powdered mustard and add heavy cream.
5. Dice the lobster tail and claw meat. Toss lobster lightly with sauce in a bowl. Add back to the shell and sprinkle with seasoned crumbs. Bake 350°F (177°C) convection oven for 15 to 20 minutes until at an internal temperature of 165°F (74°C).

CHEF'S NOTES:

- Lobster meat can be sautéed instead of boiling. In this case, use fish stock fortified with fumet for the cream sauce.
- Adding cheese during browning is an option.
- For blanching, sea water with seaweed is most appropriate.