



Southern Rock Lobster with sweet chilli & lime dressing

- 1 cooked Southern Rock Lobster
- 1 cos lettuce
- 100ml lime juice
- 200ml sweet chilli
- 2 tbs seeded mustard

Method

Mix lime, sweet chilli & seeded mustard together & taste to see if the balance is to your pallet.

Then cut leaves away from the stem & wash under cold water then set aside.

Turn the lobster over on its back & slice the soft shell where the tail meets the body, this should make it easy to pull the tail away from the body. Once the tail has been separated from the body turn it over to the soft shell side & slice down each side of the meat. If done correctly grab the soft shell & pull back down towards the tip of the tail. This should expose the meat so it can be pulled away from the shell.

Clean the meat under cold water & pat dry, now it can be sliced into medallions about 2cm thick.

Place 2 cos leaves on a plate & then a lobster medallion & spoon the dressing over the top, repeat this process till you have the desired height & serve with a fresh lime wedge.



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Tips

Make sure the lobster is deceased before placing in the pot. This is not only humane but also stops the meat from being spoiled from adrenaline.

When cooking a lobster make sure the pot is big enough to cover the lobster & salt the water well.

As a rule once the water has come to a boil, it will take 20min per kg of lobster to cook.

Once the lobster has been cooked for the correct time always place into an ice slurry to stop the cooking process.