



# CAPRI LOBSTER SALAD



**SERVES**

2



**METHOD**  
**STOVETOP**



**MINUTES**

30



**DIFFICULTY**

3/10

## INGREDIENTS

### LOBSTER

2 lobsters  
6 pints water  
1¼ ounce coarse sea salt  
1½ ounce leeks, roughly chopped  
1½ ounce carrots, roughly chopped  
1½ ounce celery, roughly chopped  
1 ounce shallots, roughly chopped  
1 lemon, zested  
2 bay leaves  
6 black peppercorns  
1 tablespoon fresh coriander  
¼ ounce ginger, sliced

### MAYONNAISE

10⅔ ounces of sunflower oil  
8½ ounces of egg yolk  
¾ ounce of lemon juice  
Salt

### ROCKET SALAD

1 spring onion, julienned  
3½ fl oz of white wine  
1 handful arugula  
1 beefsteak tomato  
Extra-virgin olive oil  
Salt  
Black pepper

To make the mayonnaise, mix together the egg yolks and lemon juice. Slowly whisk in the oil until emulsified, season with salt to taste and set aside.

To cook the lobster, combine all of the ingredients (except the lobsters) in a large saucepan and bring to the boil. Skewer the lobster and boil for 5 minutes.

Refresh in iced water then remove the meat from the shell, being careful to keep it whole. Thinly slice the body meat, reserving the tail shell and head for decoration.

For the arugula salad, marinate the spring onions in the wine for 10 minutes. Remove with a slotted spoon and place on kitchen paper to drain. Toss the rocket leaves in the olive oil and season with salt and pepper to taste.

To serve, thinly slice the tomato and arrange on the serving plates. Add the rocket and spring onion and top with the sliced lobster. Pipe dots of the mayonnaise on one side of the salad and garnish with the reserved lobster tail and head.



## TORTILLITAS DE CAMARONES



**SERVES**

4



**METHOD**

OVEN



**MINUTES**

30



**DIFFICULTY**

2/10

### INGREDIENTS

**1**<sup>1</sup>/<sub>3</sub> cups semolina flour  
**1**<sup>1</sup>/<sub>2</sub> pound large shrimp, peeled and deveined, halved lengthwise and thinly sliced into strips  
**1**<sup>1</sup>/<sub>2</sub> cup finely chopped onion  
**2** tablespoons fresh parsley, chopped  
**1** garlic clove, minced  
**Kosher salt**  
**Extra-virgin olive oil, for frying**  
**Fleur de sel**

In a large bowl, combine the semolina flour with 2 cups of water. Stir in the shrimp, onion, parsley and garlic. Season with kosher salt.

In a large cast-iron skillet, heat 1 inch of olive oil to 350°F. Line a baking sheet with paper towels. Working in batches of 4, add about 1/4 cup of batter at a time to the hot oil, stirring the batter in between each scoop to make sure the liquid does not settle on top. Fry the tortillitas, turning once, until golden, about 4 to 5 minutes. Transfer to the paper towels and season with fleur de sel. Repeat and serve.