

## Verbena-Grilled Lobster with Chanterelles



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While we are weeks away from the holiday season, when we tend to indulge ourselves in our family's favorite delicacies and culinary treats, why not enjoy a spectacular seafood dish now? This dish combines grilled lobster and the flavors of summer with succulent chanterelle mushrooms, a prized mushroom beloved for its tender texture and assertive, yet delicate flavor. At Chakra Restaurant, menu items like lobster, which is thought to have aphrodisiac properties, are always popular choices. Celebrate your love for cooking and those you love by preparing Verbena Grilled Lobster; or visit Chakra, and we'll do the work for you, so you can simply celebrate each other. Pair this elegant dish with a vintage champagne. Moët Brut Imperial, vintage 1996, is an especially complementary match.



### TIPS:

- When buying fresh chanterelles, select mushrooms with a spongy, firm, and fleshy cap. Before using, rinse them very briefly, and dry with a dish cloth or paper towel.
- Pomace oil, from the third pressing of olives, is recommended for this recipe because of its higher smoke point.
- After browning the lobster and vegetables, the pan surface will be covered with intensely flavored bits from the browning. To use their rich flavors to your advantage, add pastis and vermouth, and stir until all has melded into the liquid. This process, known as deglazing, will help to build the depth of flavors.

### Verbena-Grilled Lobster with Chanterelles

**Serves 2**

#### Ingredients:

2 - 2 lb. hard shell lobsters  
 2 oz. small chanterelle mushrooms  
 2 sprigs chervil  
 1/2 bunch chives  
 1/2 lb. whole butter  
 2 tsp. lemon zest  
 2 sprigs lemon verbena

#### For the Lobster Jus:

2 lobster heads  
 1 fennel bulb (each), coarsely chopped  
 1 leek (each), split and washed  
 1 clove garlic (each), head split lengthwise  
 4 whole tomatoes (each), coarsely chopped  
 4 sprigs tarragon  
 1 onion, coarsely chopped  
 1 carrot (each), chopped  
 2 ribs celery, chopped

2 bay leaves (each)  
 3 Tbsp. pomace olive oil  
 2 tsp. whole butter  
 1 Tbsp. whole black peppercorns  
 1/2 cup Pernod, ricard, or chartreuse  
 1 cup noilly prat vermouth

#### Preparation:

In a large pot, bring water as salty as ocean water to a boil. Drop in both lobsters and cook for 6 minutes. Remove and allow to cool. When slightly warm but cool enough to handle, split the lobsters lengthwise down the middle.

Remove the tails, reserving the halves of the tail shells for each portion. Clean the sand sacs out of the head and reserve for lobster jus.

Crack and remove meat intact from claws, knuckles, and elbows. Make a small incision with a very

sharp paring knife and remove the cartilage from both larger "crusher claws."

The meat will not be cooked yet. Marinate the tails and claw meat with the herbs and lemon zest. Lightly drizzle the lobster with pomace oil and season with salt and freshly ground pepper and reserve.

Pre-heat the grill to 500 degrees.

#### For the Lobster Jus:

In a large, deep Dutch oven or roundau, brown lobster heads and shells with pomace oil and butter. Remove and reserve.

Brown all vegetables. Add shells back to the mix. Add tomatoes and deglaze with pastis and vermouth. Add water to cover and simmer. Skim all impurities and add tarragon and bay leaf.

Continue to skim impurities from

the stock and reduce by two thirds. Strain and reserve.

#### To Assemble the Dish:

In a sauté pan, quickly brown chanterelles. Season with salt and pepper and reserve warm.

Grill lobster for 4 minutes on a hot grill.

Assemble in large bowls. Sauce each bowl first and place lobster over sauce, arranging meat in one half of the tail shell for each portion.

Arrange mushrooms around the lobster and re-sauce the dish. Serve immediately.