

Mundeford Lobster Courgette & Tomato Salad

Anchovy Salad Cream & Broad Bean Sauce Vierge



Ingredients

1 x Fresh Live Lobster
1 x Large Courgette
300g Isle of Wight 'Heirloom'
Tomatoes
50g Broad Beans

Anchovy Salad Cream

120g Egg Yolk
75g Anchovies
25g Anchovy Oil
2 x Garlic Cloves
1 x Lemon (Juiced)
400ml Pomace Oil
2 tbsp White Wine Vinegar

Pickling Liquor

300ml White Wine Vinegar
300ml Cider Apple Vinegar
250g Soft Brown Sugar
150g Ice To Chill & Dilute
Aromats, Herbs & Spices
100g Young Watercress

Method

1. Freeze the Lobster alive for 20 minutes to half an hour (so that the Lobster is sedate). Have a large pan of boiling water on the boil. Add a few tablespoons of White Wine Vinegar to the water and purge the Lobster for 10 minutes. Using tongs, remove the Lobster and leave to rest for 15 minutes before preparing.
2. Separate the Lobster's claws and tail from the body. Crack claws with a heavy spoon or shellfish crackers. Pick claw meat out using a shellfish pick. For the tail, use a pair of kitchen scissors and run down the belly shell where it is more supple. Pull shell apart layer by layer until the tail meat pops out. Using a knife, cut lightly down the top of the Lobster tail so to remove the waste.
3. Bring the Pickling Liquor ingredients to the boil, remove from heat and add ice to the mixture to chill.
4. Blend all ingredients until aerated minus Pomace Oil. Then very slowly add Pomace Oil until the mixture thickens like mayonnaise. Add more lemon, season to preference.
5. Using a vegetable peeler or mandolin. Cut courgette into lengthways into 50p thick ribbons, place in cold Pickling Liquor for 30 minutes and remove.
6. Blanch raw Broad Beans for 5 minutes and refresh in icy cold water.
7. Place salad cream in squeezey bottle or piping bag, roll courgette and roughly cut tomatoes in halves or chunks. Mix tomatoes, broad beans with a few tablespoons of olive oil. Add sea salt and white pepper. Finely chop garlic clove and a handful of coarsely chopped parsley. Add a blob or two of salad cream to your platter and arrange ingredients flat on the plate.