

OCEAN PRIME

SEAFOOD • STEAKS • COCKTAILS

LOBSTER TOAST

YIELD: 1 serving

1 piece Brioche Bread, sliced ¾ inch thick

1 oz Butter clarified

1 serving Avocado Spread (see recipe below)

1 serving Lobster Toast Pack (see recipe below)

¼ oz Clarified Butter

1/8 tsp Salt, Kosher, to taste

1/8 oz Pea Shoots, 6 pieces

1 gram Scallions, sliced, 6 pieces into long thin bias, store in ice water

1 gram Lemon Zest, 6 pieces fine julienne, no pith

1 tsp Extra Virgin Olive Oil

½ tsp Lemonette

1 pinch Kosher Salt

1 gram Lobster Roe

¼ tsp Parsley, minced

1. Brush brioche with a heavy amount of clarified butter
2. Toast buttered brioche on flat top at medium heat until golden brown on both sides
3. Once brioche is toasted, smear avocado spread on top making sure to get even coverage on the toast
4. Hold clarified butter in a steam table, drop lobster pack in butter to warm
5. Once lobster is hot, remove it from the butter with a slotted spoon, let excess butter drip off onto a towel before placing lobster on top of avocado spread
6. Season lobster with salt
7. In a medium stainless steel bowl, combine and mix pea shoots, scallions, lemon zest, Extra Virgin Olive Oil, lemonette and kosher salt

8. Place peas shoot salad on top of lobster
9. Garnish salad and toast with lobster roe and chopped parsley

LOBSTER TOAST PACK

2 oz Lobster Meat

2 Lobster Tails, 5-6 oz ea

To prep the lobster tail meat:

1. Use thawed whole lobster tails, not cut
2. Place flat in a hotel pan, pack them tight so not to curl up when cooked
3. Depending on the amount of lobster you are cooking, you may want to use a smaller or larger pan "4-inch pan will work great"
4. Only cook one layer of lobster per pan
5. Have a perforated pan ready to use as a weight
6. With a ratio of 1 cup distilled vinegar to one gallon of water, bring to a boil
7. Place the perforated pan on top of tails to keep tails from floating and curling up
8. Pour poaching liquid directly over the tails, covering the tails by about 2 inches
9. The goal is to have a 75% cooked tail. You will want to keep the tails in the poaching liquid for about 6 minutes
10. Remove tails from poaching liquid and allow to cool on a tray in the cooler
11. Split the tails in half and remove meat; be sure to remove the vein

For lobster meat:

1. Cut into medium size oblique pieces

For Pack:

1. Portion 2 oz lobster meat and 2 oz poached tail meat in to each pack
2. Hold cold until pick up

LOBSTER ROE

YIELD: 1 serving

1 gram Lobster Roe

1. On a half sheet tray lined with parchment paper, spread out lobster roe
2. Place roe in a high fan no heat oven for 10 to 20 minutes or until roe is dry and crisp

AVOCADO SPREAD

YIELD: 1 serving

¼ Avocado Haas

2 Tbsp. Pea Puree (see recipe below)

1 tsp Lemon Juice, Fresh Squeezed

1/8 tsp Kosher Salt, To Taste

1. In a medium mixing bowl, medium dice and smash avocados leaving some body
2. Fold pea puree and lemon juice into smashed avocado
3. Season with Kosher salt to taste

PEA PUREE

YIELD: 3 cups

1 lb English Peas

1 tsp Kosher Salt, To Taste

½ Cup Water, As Needed

1. Add thawed peas and water to blender
2. Use just enough water for mixture to blend smooth
3. Season with salt to taste