

# Lobster in the Nude

(Takes about an hour but you can prepare the elements ahead of time and reheat and serve)

## ***Ingredients***

- 2 lobsters, preferably female, about 1 1/2 pounds each
- 2 small zucchini, totaling about 1 pound
- 3 tbsp + 2 tbsp butter
- 2 tablespoons finely chopped shallots
- 1/2 cup + 1 cup dry white wine
- 8 fresh basil leaves, coarsely chopped
- 1/2 cup heavy cream
- salt
- pepper
- 1/8 teaspoon cayenne pepper
- 2 small Yukon gold potatoes
- 2 small parsnips
- olive oil
- 1 cup milk
- 2-3 brussel sprouts
- avocado oil for sautéing

Bring enough water to boil to cover the lobsters about  $\frac{1}{2}$  -  $\frac{3}{4}$  way up. Add a generous amount of salt and about a cup of white wine. Put lobsters in head first. Cover right away. For kinder treatment of lobsters see below\*. Cook for about 7 – 8 minutes total. After about 3-4 minutes, lower the heat.

When lobsters are done, allow to cool. When cool, remove meat and place in pan. Add a little water to pan, then cover with aluminum foil and set aside.

Meanwhile, preheat oven to 375. Peel parsnips, cut into chunks, coat in olive oil, roast in oven until tender and slightly caramelized, about 20-30 minutes, depending on how tender the parsnips. Peel potatoes and cut into cubes. When parsnips are almost done, boil potatoes in salted water until fork tender. Drain. Add cooked parsnips,  $\frac{1}{2}$  cup of the milk and 2 tbsp butter. Use a wand to puree, adding milk until desired consistency. Season with salt and pepper.

For the sauce, heat 1 tbsp butter in a saucepan and add shallots. Cook until wilted. Add  $\frac{1}{2}$  cup wine (or a bit more if you want) and basil. Bring to boil and cook until

the liquid is almost evaporated. Add cream and bring to boil. Cook about 30 seconds. Swirl in remaining 2 tbsp butter, cayenne and salt.

For the zucchini, steam then slice.

Julienne brussel sprouts. Sauté in avocado oil until a little brown.

Arrange all the elements artistically on a plate and serve.

\*I tend to put the lobsters in the freezer for about 10 – 15 minutes before boiling as it dulls their senses. Or, if you know how, kill it through the head with a knife quickly and correctly. Another trick I heard but can't confirm is standing a lobster on its head for several minutes.