

Oolong Tea Poached Lobster Medallion on Rye Bread



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- Sub Category Name
Food
Main Courses

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The Chefs and the Tea Maker - 2010

Ingredients

Oolong Tea Poached Lobster Medallion on Rye Bread

- 20g Dilmah Traditional Oolong Tea
- 1kg Baby Lobster
- Salt/Black Pepper
- 1 Loaf Rye Bread Sliced

For dressing

- 25ml Pure Virgin Olive Oil
- 2 tablespoons Lemon juice
- Salt/Black Pepper
- 2 tablespoons Fresh Tarragon - Chopped

Methods and Directions

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- Wash and shell the lobster. Clean and rinse again. Season with salt and pepper. Then sprinkle the Oolong Tea. Wrap in an aluminium foil tightly.
- Steam Lobster Parcels in a Steamer for 10 minutes. Then remove the aluminium foil, slice and arrange in a bowl.
- Pour the dressing over Lobster Medallion, and leave it to marinate overnight.



- When serving, slice the Rye Bread and spread some Mayonnaise on the bread and add some curly lettuce. Then arrange the Lobster Medallion over it. Drizzle some chopped, fresh herbs and serve. Decorate with some slices of tree tomatoes.

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