

Grilled champagne lobster with Chamomile Sauce crème



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Peter Kuruvita

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Christmas Recipe Brochure
- Festivities Name
Christmas

Ingredients

Grilled champagne lobster with Chamomile Sauce crème

- 4 tea bags of Dilmah Pure Chamomile Flowers, removed from the bags
- 500ml Fish Stock
- 500ml White Wine
- 150ml Noilly Prat (Dry Vermouth)
- 500ml Double Cream
- 5 Shallots, Finely Diced
- 1 Bay Leaf
- 5 White Peppercorns
- A Sprig of Thyme
- Salt to Taste
- 2 Whole Lobsters

Methods and Directions

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- Add all the ingredients except tea and cream into a heavy based pan and reduce by 75%. Add the tea and infuse for 5-6 minutes while still boiling and add cream and bring to boil, season and turn



- off. Strain and set aside. When needed, warm up the sauce just before boiling and then use a stick blender to emulsify before using - This can be kept in the fridge for 1 week.
- To serve, cook the lobster and slice the tail. To cook the lobster, heat a BBQ and brush with oil. Cook flesh side down for 3-5 mins and then turn over. Brush with oil and continue to cook till the lobsters are done. 5-7 minutes on each side on a moderate BBQ. Serve with the Sauce Crème and garnish with sliced shallots

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