

Lobster Salad with Citrus Vinaigrette

Recipe courtesy of Alton Brown

INGREDIENTS

Vinaigrette:

- 1 tablespoon orange juice
- zest from 1 orange
- 2 tablespoons lemon juice
- zest from 1 lemon
- 2 teaspoons honey
- 1 teaspoon Dijon mustard
- 1 tablespoon minced shallot
- 1 small clove of minced garlic
- pinch of kosher salt
- pinch of freshly ground black pepper
- 2 tablespoons extra virgin olive oil

Lobster:

- 2 live American lobsters (1 ½ - 2 lbs.)
- 4 cups water

Salad:

- 2 whole oranges segmented; juice reserved for vinaigrette
- 1 whole apple, quartered and thinly sliced on mandolin
- 1 medium cucumber, cut in half lengthwise and thinly sliced on mandolin
- 4 ozs. mixed greens

DIRECTIONS

For the vinaigrette:

1. Place all of the ingredients into an 8-ounce container with a tightly fitting lid and shake vigorously, until dressing emulsifies and thickens slightly. Set aside at room temperature while preparing salad.

For the lobster:

1. Lay the lobsters on a half sheet pan and place in the freezer for 15 to 20 minutes.
2. Pour the water into a 12-quart pot, set a steamer basket in the pot, cover and place over high heat and bring to a boil.
3. Add the lobsters, cover and steam for 12 to 14 minutes.
4. Carefully remove lobsters from the pot using tongs, immediately plunge into an ice bath and leave for 10 minutes to completely cool.
5. Transfer to a cutting board and twist off both claws and the attached knuckles. Crack both claws with a lobster cracker or by striking with the handle of a heavy chef's knife. Remove the meat.
6. Separate the body from the tail by arching and twisting until it breaks. Break off the tail flipper. Turn the tail upside down and use kitchen shears to cut down the middle from end to end, pull back the shell on both sides of the tail and remove the meat in one piece.
7. Holding the body, remove the greenish "tomalley" and coral-colored roe and save if desired. Turn the lobster body over and use kitchen shears to break it open. Remove the meat near where the legs were attached.
8. Use a rolling pin to roll over the legs to extract the meat.
9. Repeat with the second lobster.
10. Chop the meat into 1/2-inch pieces.

To assemble the salad:

1. Place lobster meat into a large mixing bowl with the oranges, apple, cucumber, and mixed greens. Add the vinaigrette and toss to combine. Serve immediately.



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Yield: 6 servings

Prep Time: 35 minutes

Cook Time: 12-14 minutes

Inactive Prep Time: 10 minutes