

LOBSTER CORN CRÈME BRULEE

F MEDIUM

Last Modified: 08/19/2014

PREP: 30 Min
COOK: 50 Min
OVEN: 350

SEAFOOD

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Ears	FRESH Peaches & Cream Corn	Stripped
3/4	Pound	Lobster Meat (Claws / Tails)	Cooked
OR			
1	Pint	Fresh Lump Jumbo Crab Meat	
2	Cups	Heavy Cream	
1 1/2	Tsp	Kosher Salt	
1 1/2	Tsp	Ground White Pepper	
3	Large	Eggs	Beaten
2	Large	Egg Yolks	Beaten
4	Oz	Parmesan Cheese	Fine Grated

PREPARATION

FACTOID	This makes use of FRESH Corn on the Cob. An excellent late summer or early fall dish.
CAUTION	JUST REMEMBER - Frozen Crab or Lobster Meat has already been cooked, so ALL you have to do is just re-heat it. DO NOT OVERCOOK IT!
CAUTION	This is "almost" like making a Hollandaise Sauce. So, be careful to NOT scramble the Eggs & Yolks. B U T - if you <u>slightly</u> screw up, step #3 will fix it.
TOOLS	<ol style="list-style-type: none"> 1) Medium Mixing Bowl 2) Food Processor OR Blender 3) Medium Saucepan & Lid 4) 6 - 6 Oz Ceramic Ramekins 5) 9" x 13" Ceramic Baking Dish 6) Fine Wire Strainer 7) Large Measuring Cup with Pour Spout 8) Kitchen Blow Torch
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Strip the Corn Kernels off of the Cobs and set them aside. 2) Barely cook the Lobster Meat if not already done and set it aside. 3) Preheat the oven to 350 degrees with a rack just below center
1	In a medium saucepan over medium heat, combine the Corn Kernels, Cream, Salt and Pepper. Bring to a boil, then reduce the heat and simmer for 3 to 5 minutes to bring the flavors together.
2	Whisk the Eggs and Yolks together in a medium mixing bowl. Stir in a little of the hot Corn Mixture, to temper the Eggs, then slowly add the remaining Corn Mixture while constantly stirring. Transfer the mixture into a food processor and puree. Pass the mixture through a fine wire strainer into a bowl, using a rubber spatula or small ladle to press out all the liquid. Discard the solids.
3	Put 6 (6-ounce) ceramic ramekins in a 2 inch-deep 9 inch x 13 inch ceramic baking dish. Ladle in the Corn Mixture, dividing evenly. Remove 1 ramekin and carefully pour hot tap water into the baking dish, filling the dish until the water is a little over 1/2 inch deep. Put the removed ramekin back in. Bake for approximately 40 to 45 minutes. Test for a slight jiggle then remove them from the oven and let them cool for at least 10 minutes.

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4	Heap the top of each ramekin with a mound of the Lobster Meat and sprinkle the top heavily with the Parmesan Cheese. Blow torch the Cheese or put them on a sheet pan under the broiler until brown and crisp.
SERVE	Serve while hot.
OPTION	You may optionally refrigerate the Ramekins & Custard before adding on the Lobster Meat & Cheese if you want to serve this as a cold side-dish or appetizer.