

# LOBSTER THERMIDOR DINNER

F HARD

Last Modified: 05/18/2014

PREP: 2 Hrs  
COOK: 3 Hrs  
VARIOUS

SEAFOOD

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Small	Main Lobsters	Poached
4	6 Oz	Tenderloin Steaks (Chateaubriand)	Grilled
4	Slices	Thin Sliced Bacon	
1	Pound	Fresh Asparagus	Fried
2	Pounds	Unsalted Butter	
1/2	Cup	Olive Oil	Divided
4	Tsp	Fresh Black Peppercorns	Cracked
4	Tsp	Fresh Thyme Leaves	Chopped
4	Tsp	Garlic	Chopped
4	Ears	Sweet Corn (Peaches & Cream)	Steamed
1	Recipe:	Sauce - Lobster Thermidor Sauce	
1	Recipe:	Pasta - Buttered Noodles	
1	Recipe:	Mom K's - Vegetable - Potato Pancakes	
1	Recipe:	Seafood - Poached (Boiled) Whole Lobster	
OR			
1	Recipe:	Seafood - Steamed Whole Lobster	

## PREPARATION

<b>FACTOID</b>	<p>On my fourth trip to Rio de Janeiro, in the little "Boutique" Hotel they always put me up in which was right across the street from Copacabana Beach, I found that I had suddenly become a "recognizable customer". At a very late dinner on the first night, the Executive Chef came over to my table, sat down and offered me a free "leftover" Lobster Thermidor Dinner. ABSOLUTELY TO DIE FOR! I had this dish at least twice a week from then on every time I was ever in Rio. It was a very difficult choice between it, the Brazilian Sword BBQ down the street and the 2 inch thick Giant Porterhouse Steak at the next door Sidewalk Cafe. . . Eventually, I fished him into giving me a copy the Recipe. Luckily, one of the Software Dinks at work had been a Brazilian exchange student in his early years &amp; could speak, read &amp; write Portuguese - thus the proper translation.</p>
<b>ROADMAP</b>	<p><b>The numbers in parentheses are the proper order to cook each of the main course sauces and dishes so they will all end up nice and hot at the end.</b></p>
<b>TOOLS</b>	<p>1) Charcoal Grill OR Gas Grill 2) Medium Stainless Steel Skillet &amp; Lid 3) Medium Saucepan &amp; Lid 4) Stock Pot &amp; Lid</p>
<b>1</b>	<p><b>(#1) THERMIDOR SAUCE:</b> Make according to the Recipe: Sauce - Lobster Thermidore Sauce.</p>
<b>2</b>	<p><b>(#2) SWEET CORN:</b> In a stock pot over high heat, bring 4 quarts of salted water to a boil and add in the whole ears of Sweet Corn - cook for 7 minutes or until done.</p>
<b>3</b>	<p><b>(#3) POTATO PANCAKES:</b> Make according to the Recipe: Mom Kildow's - Potato Pancakes.</p>

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<b>4</b>	<b>(#4) LOBSTERS:</b> Poach or steam them according to either the Recipe: Seafood - Poached (Boiled) Whole Lobster or Recipe: Seafood - Steamed Whole Lobster. Remove the tail and claw meat and reserve the bodies for making the Thermidor Sauce.
<b>5</b>	<b>(#5) BUTTERED NOODLES:</b> Make according to the Recipe: Pasta - Buttered Noodles (Use either a Lobster Based Bullion or water from boiling the Lobsters to cook the
<b>6</b>	In a medium saucepan over medium high heat, bring 2 cups of water to a boil, then reduce the heat and slowly whisk in all of the Butter. Hold warm until ready to add in the Lobster Meat.
<b>7</b>	<b>(#6) FILETS:</b> Wrap each Filet with a slice of Bacon and tie it on with kitchen twine. Marinate them in 1/4 cup of Olive Oil, Thyme and Cracked Black Pepper for at least 1 hour at room temperature.
<b>8</b>	Preheat a grill and season the Filets to taste with Salt and Pepper. Grill them to the desired doneness. Remove them from the grill and allow them to rest for 6 minutes before serving.
<b>9</b>	While the Meat is cooking, reheat the Butter Sauce made in step #6 if needed and add in the Lobster Meat until heated all the way through (about 3 minutes).
<b>10</b>	<b>(#7) ASPARAGUS:</b> Heat 1/4 cup of Olive Oil in a medium skillet over medium heat. Add in the Chopped Garlic, Asparagus and a pinch of Salt and saute until the Asparagus is done and starting to brown.
<b>11</b>	Warm four large dinner plates in a 200 degree oven just prior to adding and arranging the serving.
<b>OPTION</b>	You may optionally cut each Lobster Tail into bite sized pieces and return them to the tail shell before drizzling them with the Thermidor Sauce.
<b>SERVE</b>	<b>(#8) BUILD EACH SERVING:</b> Pour a 1/8 inch thick layer of Thermidor Sauce in the center of a warmed serving plate. Place a Potato Pancake on the plate, Place 2 Lobster Claws on the Pancake. Add a Lobster Tail and 1/4 of the Asparagus. Thinly slice the Filet into 6 to 8 pieces and arrange it in a fan shape in any open area. Drizzle Thermidor Sauce over the top of the Lobster Tail and the Claw Meat - Serve while hot.....