

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

FACTOID	<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 & could speak, read & write Portuguese - thus the proper translation.</p>
ROADMAP	<p>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.</p>
TOOLS	<p>1) Charcoal Grill OR Gas Grill 2) Medium Stainless Steel Skillet & Lid 3) Medium Saucepan & Lid 4) Stock Pot & Lid</p>
1	<p>(#1) THERMIDOR SAUCE: Make according to the Recipe: Sauce - Lobster Thermidore Sauce.</p>
2	<p>(#2) SWEET CORN: 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>
3	<p>(#3) POTATO PANCAKES: Make according to the Recipe: Mom Kildow's - Potato Pancakes.</p>

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4	(#4) LOBSTERS: 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.
5	(#5) BUTTERED NOODLES: Make according to the Recipe: Pasta - Buttered Noodles (Use either a Lobster Based Bullion or water from boiling the Lobsters to cook the
6	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.
7	(#6) FILETS: 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.
8	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.
9	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).
10	(#7) ASPARAGUS: 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.
11	Warm four large dinner plates in a 200 degree oven just prior to adding and arranging the serving.
OPTION	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.
SERVE	(#8) BUILD EACH SERVING: 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.....

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