

SHANGHAI LOBSTER TAILS

F MEDIUM

Last Modified: 12/16/2014

PREP: 35 Min
COOK: Various
STOVETOP

SEAFOOD

MAKES 4 SERVINGS

| QUA | MEASURE | INGREDIENT | PROCESS |
|-----|-------------|-----------------------------|-------------|
| 4 | 10 Oz + / - | Lobster Tails (Cold Water) | Thawed |
| OR | | | |
| 4 | 1 1/2 Lb | Whole Maine Lobsters (Chix) | Alive |
| 2 | Tbsp | Kosher Salt | |
| 1 | Tsp | Fresh Ground Black Pepper | |
| 2 | Stalks | Celery | Coarse Chop |
| 1 | Large | Yellow Onion | Quartered |
| 1/2 | Bunch | Fresh Thyme | |

SHANGHAI LOBSTER SAUCE

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|----------------------------|---------|---|-----------|
| 2 | Tbsp | Unsalted Butter | |
| 2 | Medium | Shallots | Fine Chop |
| 1/2 | Cup | Dry White Wine (Chablis) | |
| 1 | Tbsp | Garlic | Fine Chop |
| 1 | Tbsp | Fresh Ginger (Peeled) | Fine Chop |
| 1 | Tsp | Curry Powder | |
| 1/4 | Tsp | Crushed Red Pepper Flakes | |
| IF THE LOBSTER IS A MALE | | | |
| ALL | | Green Lobster Tamale You Can Find | |
| IF THE LOBSTER IS A FEMALE | | | |
| ALL | | Red Lobster Roe (Eggs) You Can Find | Smashed |
| 1 | 8 Oz | Bottle Clam Juice (Bar Harbour) | |
| OR | | | |
| 8 | Oz | Lobster Cooking Water | |
| 1/2 | Cup | Unsweetened Coconut Cream (Thai Kitchen) | |
| OR | | | |
| 1/2 | Cup | Unsweetened Coconut Milk Cream (Thai Kitchen) | |
| 1/2 | Cup | Heavy Cream | |
| 1 | Tbsp | Soy Sauce (Lee Kum Kee) | |
| 1 +/- | Pinches | Kosher Salt | To Taste |
| 1 +/- | Pinches | Fresh Ground Black Pepper | To Taste |

SHANGHAI RICE

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|----|------|---|--|
| 2 | Cups | Uncooked Brown Rice (Any You Like / Have) | |
| ? | Cups | Lobster Cooking Water | |
| OR | | | |
| ? | Cups | Chicken Stock (Swanson) | |

SHANGHAI LOBSTER TAILS

| CRISPY FRIED SPINACH | | | |
|----------------------|-------|------------------------|--|
| 1 | 6 Oz | Bag Fresh Baby Spinach | |
| 1 | Pinch | Kosher Salt | |
| 3 | Cups | Vegetable Oil | |

PREPARATION

HINTS While we are using frozen Lobster Tails for ease and speed here, LIVE whole Lobsters are really the way to go. Boil the whole Lobster(s) until they just begin to turn red (not quite done). Separate out the Claw and Leg Meats and Remove the Tails. Chop the Claw and Leg Meat and stir it along with any green "Tamale" you find inside of the Bodies into the finished Shanghai Sauce to warm through just before drizzling it on the split Lobster or Tails and Rice. The cooking water is also MUCH more flavorful.

FACTOID You can place the Live Lobsters on their back uncovered in the freezer for 30 minutes. This dulls their senses enough so dropping them into the boiling water hurts as little as possible (I'm not certain how we know that, but.....).
 You can also alternately kill them by placing the point of your Chef's Knife between their eyes with the sharp edge towards their nose and stabbing downward into a cutting board. (Word has it that this does not work at all).
 If you don't care, simply drop them head first into the boiling water. If you DO kill them though, you MUST cook them within 10 minutes of their death.

FACTOID Getting the Leg Meat out of their shells is easy: Simply remove the Legs from the body. Lay one leg at a time on a cutting board and using a rolling pin, roll the meat out from each leg. The meat will squirt out like toothpaste.

TOOLS

- 1) Dutch Oven & Lid
- 2) Large Stainless Steel Skillet & Lid
- 3) Stock Pot & Lid
- 4) Bamboo Skewers
- 5) CLEAN Pliers

HINTS Just prior to boiling the Lobster Tails: Place each Tail on a cutting board (Top side up) and press flat with your palm. Carefully insert a wooden skewer down the center from the front through the tail fin. This will keep the tails from curling up too much. Cut the end of the skewer off, leaving enough exposed to remove it with pliers after boiling.

CAUTION **COCONUT CREAM:** Let a can of Coconut Milk stand undisturbed for at least 24 hours to allow the "Cream" to separate and float up to the top. Carefully open the can and spoon off all of the thick white Cream you will find floating on top - getting a little of the Milk is OK. Discard the thinner "Milk" still remaining in the can. While the Recipe calls for 1/2 cup, use whatever amount of Cream you can get from the can and include a little Coconut Milk in order to get the required 1/2 cup. You may also purchase a can of Coconut Cream.

| COOK TIMES TABLE | WHOLE LOBSTERS | WHOLE LOBSTER TAILS |
|-----------------------|--|---------------------|
| | 10 OZ: N/A | 5 to 6 Minutes |
| 12 OZ: N/A | 6 to 7 Minutes | |
| 14 OZ: N/A | 7 to 8 Minutes | |
| 16 OZ: 5 to 6 Minutes | 8 to 9 Minutes | |
| 18 OZ: 6 to 7 Minutes | 9 to 10 Minutes | |
| 20 OZ: 7 to 8 Minutes | 10 to 11 Minutes | |
| 22 OZ:+ | YOU CAN SEE THE PATTERN - ADJUST ACCORDINGLY | |

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| PREP | DISH 1) Coarsely chop the Celery and set it aside. 2) Quarter the Yellow Onion and add it on top of the Celery. 3) Chop the Onions and mix them into the Garlic. |
| PREP | SHANGHAI LOBSTER SAUCE 1) Finely chop the Garlic Cloves and set them aside. 2) Peel and finely chop the Ginger and add it on top of the Garlic. 3) Finely chop the Shallots and add them on top of the Garlic. |
| 1 | LOBSTER TAILS: In a stock pot large enough to loosely lay the Lobster Tails on their sides in a single layer, add enough water cover the Tails plus 1 inch. Remove the Tails and set them aside. Add the Salt, Pepper, Celery, Onion and Thyme, and bring it to a rolling boil. Add the Lobster Tails back in. When the pot returns to a boil, remove the Lobster Tails and set them aside. They will NOT be fully cooked yet, but will finish cooking in the Sauce. Reserve all of the Lobster Cooking Water (strained) for use in steaming the Rice and for flavoring the Shanghai Sauce. |
| 2 | LOBSTER TAILS: Using a large chefs knife, slice each boiled Lobster or Tail in half lengthwise. Wrap the halves in a cloth to keep them from drying out and set them aside. |
| 1 | WHOLE LOBSTERS: In a stock pot large enough to completely submerge the Lobsters with water. Add in the Salt, Pepper, Celery, Onion and Thyme, and bring it to a rolling boil. Add the Lobsters head first. When the pot returns to a boil, remove the Lobsters and set them aside. They will NOT be fully cooked yet, but will finish cooking in the Sauce. Reserve all of the Lobster Cooking Water for use in steaming the Rice and for flavoring the Shanghai Sauce. |
| 2 | WHOLE LOBSTERS: Using a large chefs knife, slice each boiled Lobster in half lengthwise. Wrap the halves in a cloth to keep from drying out and set aside. |
| 1 | SAUCE: Melt the Butter in a large skillet over medium heat. Add in the Shallots and cook until soft. Add in the White Wine and cook until it is reduced by 1/2. Add in the Garlic, Ginger, Curry Powder and Red Pepper Flakes. Cook for 1 minute. Add in the Clam Juice or Lobster Cooking Water and cook until it is reduced by 1/2, another 5 to 6 minutes. |
| 2 | SAUCE: Add in the Coconut Milk Cream, Heavy Cream and Soy Sauce, lower the heat and bring the mixture to a simmer. Add the Lobster or Tails into the skillet (cut side down). Reduce the heat to low, cover and cook according to the above table. Remove the Lobster; set it aside and keep warm. Turn the heat up to medium low and cook until the liquid has thickened and is reduced by 1/2, 6 to 8 minutes. Taste, and adjust the seasoning with Salt and Pepper. |
| 1 | RICE: Cook the Rice according to package directions. Replacing the called for water with either the Chicken Stock or Lobster Cooking Water. |
| 1 | FRIED SPINACH: In a Dutch Oven or large cast iron frying pan over medium high heat, add in the Vegetable Oil and bring to 375 degrees |
| 2 | FRIED SPINACH: While the Oil is heating, rinse the Spinach and pat dry with paper towels. Look through the Spinach Leaves and pick off any tough stems and discolored leaves. Gently drop a few Leaves into the hot oil. Be CAREFUL as any moisture in the Spinach Leaves will cause the Oil to splatter. Cook for about 30 seconds, turning once, and carefully remove the Leaves to paper towel lined plates to drain (they are FRAGILE - do NOT pile them up). Sprinkle each batch immediately after frying with Salt. |

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| SERVE | Put a mound of Cooked Rice onto an individual serving plate that has been heated in the Oven. Nestle two Split Lobster or Tail halves next to the Rice (cut side up). Drizzle with some of the Shanghai Sauce and garnish the top with the Crispy Fried Spinach. Drizzle the remaining Shanghai Sauce over each mound of Cooked Rice. Serve while hot. |
| REHEAT | <p>Oven reheating: Slow, but it does a good job of preserving your Lobster's fresh flavors. Simply slide your Lobster in a roasting pan, drop some Butter in the bottom of the pan, and cover with foil. Bake at 350 until a meat thermometer reads 145 degrees (about 10 minutes).</p> <p>Saucepan reheating: If you have out-of-shell meat, it's hard to beat a simple stovetop reheat. Simply toss the meat in some extra Butter and saute covered on medium heat until hot (about 2 minutes).</p> <p>Microwave Reheating: This is probably my least favorite way to reheat Lobster because of the toll it takes on the meat's texture, but if you're in a hurry, go for it. If your Lobster is still in the shell, give it 2 to 3 minutes of microwave time. If the meat is out-of-shell, it'll only need 1 yo 2 minutes.</p> |

