

Lobster with Ginger & Spring Onion on Braised Noodles



Serves: 4

Profitability:

Steps:

Separate the head and body of each lobster and then the claws. Crack the claws with the back of the knife

Flatten the body and cut it into 4 quarters, then cut the head in half lengthways. Remove the tomalley (the liver of the lobster which resembles a green sauce) and discard. Remove any roe from the body, which can be saved and used to dress canapes or dim sum later

Sprinkle the 8 pieces of lobster with potato starch

Pour the oil into a wok or pan and heat until it's close to boiling point, approx 200°C. Carefully place the lobster pieces into the oil and baste until the shell and meat has turned orange. Set aside to rest on kitchen roll to absorb any excess oil

In a separate pan over a medium flame, add 3 tbsp of the oil that was used to cook the lobster, the ginger, spring onion and garlic and fry gently. Add the Shaoxing rice wine and stock and stir fry until the ingredients are softened and wilted. Add the cooked lobster pieces and braise over a gentle heat for approx 3-5 mins. Then remove the lobster pieces from the braising liquid to rest

Boil the noodles, and rinse with cold water

Add noodles to braising liquid and toss so that the noodles are heated through and coated with sauce. Remove from the hob

Reassemble lobster pieces onto the plate of noodles and dress with a sprinkle of finely chopped spring onion and a few sprigs of coriander

Ingredients:

Fresh lobsters 2 (preferably Scottish)

Potato starch pinch

Rapeseed oil 2 ltrs

Fresh ginger thumb-sized piece, chopped into 0.5cm pieces

Spring onions 2 chopped into 1 inch pieces

Crushed garlic 1 tbsp

Shaoxing rice wine 2 tbsp

Chicken stock 4 tbsp

e-mein noodles or alternative if not available

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