

Lobster Ratatouille w. Beurre Blanc



Ratatouille

Ingredients:

- 1/3 cup Olive Oil
- 2 large Onions, cut into 1" pieces
- 6 large Garlic cloves, peeled & smashed
- 2 tsp kosher Salt, divided
- 1 tsp Pepper
- 2 tsp Herbes de Provence
- 1/4 tsp red Pepper Flakes (optional)
- 1 Bay Leaf
- 1 1/2 lbs Eggplant, cut into 1" pieces
- 2 lbs plum Tomatoes, peeled, seeded/core removed, coarsely chopped
- 2 Zucchini, cut into 1" pieces
- 1 red Pepper, stemmed, seeded, cut into 1" pieces
- 1 yellow Pepper, stemmed, seeded, cut into 1" pieces
- 2 tbsp chopped fresh Basil, divided
- 1 tbsp minced fresh Parsley
- Pinch or two Sugar (optional)

Instructions:

- Over medium-high heat, put oil in Dutch oven.
- Add onions, saute until soft, about 8 minutes.
- Add peppers and garlic, sauté until soft, about 5 minutes.
- Add eggplant, zucchini, tomatoes, Herbes de Provence, red pepper flakes, 1/4 tsp salt.
- Over medium-low heat, cook covered for 30-40 minutes until all veggies are tender and there is little liquid in Dutch oven.
- Stir in 1 tbsp basil and 1 tbsp parsley.
- Add sugar if desired.
- Season with salt and pepper to taste.
- At serving, top with sprinkle of chopped basil.

Lobster Tails

Ingredients:

- 9 Lobster tails
- 1/2 cup unsalted Butter, melted

Instructions:

- Pre-heat oven to 400°.
- Cut top of tails down the middle with shears.

Butterfly lobster meat by pulling it through opening and lay flat on top of shell.
Cover tails with melted butter.
Bake for 12-15 minutes...until shells are bright red and meat opaque.
140-145 degrees in center.
To serve, carefully cut base of tail but to leave tail atop shell.

Beurre Blanc Sauce

Ingredients:

1 Shallot, thinly sliced
2 tbsp White Wine
2 tbsp Lemon juice
8 oz unsalted Butter, cut into 1 oz cubes, softened slightly
1 oz Heavy Cream
Salt & Pepper

Instructions:

In small saucepan, combine shallot, wine, lemon juice and bring to boil.
Cook until liquid is almost evaporated.
Add heavy cream, reduce to thicken, not long over heat.
Remove from heat, and slowly incorporate butter one ounce until melted and then another, repeat.
Once all butter is melted, strain sauce into thermos, then return to saucepan and keep on low heat.
Beurre blanc is unstable and can break.

Beurre blanc sauce to be served over lobster tail alongside ratatouille.
Once on table, shell discarded.