

World Gourmet Summit 2004 Culinary Masterclass

The Cuisine of
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Lobster and Gooseliver Rolls



Serves 4

INGREDIENTS

Lobster Mousse

2	Boston lobsters, shelled
200g	Prawns, shelled
50g	salmon
120ml	heavy cream
1	egg yolk, beaten
50g	tarragon and basil (each)
60g	shallots, minced
30g	unsalted butter
60ml	Martell Cognac

Sweet Miso Sauce

100ml	Martell Cognac
60g	sweet <i>miso</i> and white <i>miso</i> (each)
60ml	<i>sake</i>
120ml	<i>mirin</i>
60g	ginger
60g	white sugar

Avocado Salsa

150g	avocado, seeded, peeled, diced
30g	minced ginger
50g	minced shallots
30g	minced green onions
30ml	<i>sake</i>
1 pc	lemon, for juice
	Salt and pepper

500g	gooseliver, cut into 6"x14" strips
1	<i>nori</i> sheet
	Plain flour
	Batter

Method:

1. For the Lobster Mousse: Puree the lobster meat with the prawns and salmon until it becomes a smooth paste. Then slowly mix in the cream, and finally fold in the egg yolk. Keep chilled. Sauté the herbs and shallots with butter and flambé with **Martell Cognac**, then cool and add to the chilled lobster mousse.
2. For the Sweet Miso Sauce: Mix all ingredients and boil for 45 minutes over a double boiler. Then cool and chill.
3. For the Avocado Salsa: Mix the diced avocado with the ginger, shallots and green onions. Season to taste with the *sake*, lemon juice, salt and pepper.
4. Divide the lobster mousse into 10 portions and spread a thin layer on the *nori* sheets. Place a gooseliver strip on one end and roll the *nori* sheet into a *maki* roll. Dip the roll in flour, then in batter, and deep-fry until crispy. Cut the fried roll into 4 parts, and finish in a pre-heated oven for about 10 minutes.

To Serve:

Spoon some avocado salsa on a serving plate, and then add the roll. Garnish with sweet miso sauce.