



World Gourmet Summit 2004 Culinary Masterclass

The Cuisine of **Christoph Ruffer**

Haerlin Restaurant,
Raffles Hotel Vier Jahreszeiten,
Hamburg Germany

Warm Lobster Salad with Artichoke, Melon and Cress



Serves 10

INGREDIENTS

Lobster, Artichokes, Melon

5 x 500g Maine lobsters
Court bouillon, for blanching
1 dl **Dandaragan Estate Olive Oil**
1/2 lemon, for juice
Salt and pepper, to taste

Artichokes

500g fresh artichokes, cleaned
100g mirepoix (leek, onions, fennel)
Dandaragan Estate Olive Oil

Melons

1 cantaloupe melon (about 1kg)
1 watermelon (about 1kg)
2 dl port wine

Lobster Bisque

1 kg lobster shells
50g butter
1/2 dl **Dandaragan Estate Olive Oil**
200g mirepoix (onion, celery, carrots)
100g tomato puree
1 dl brandy
5 dl white wine
2 dl noilly prat
1 can tomatoes, peeled, drained (about 500g)
20g pepper corns
4 bay leaves
4 young ginger slices
5 dl cream
Salt and pepper, to taste
Ground nutmeg and walnuts

Garnish

150g fresh cress
20g fresh chives

Method:

1. For the Lobster: Boil the Main lobsters for approximately 4 minutes in court bouillon, then cool them in ice water. Cut off the heads and claws, and reserve them for preparing the sauce. Cut the tails in half, and saute them quickly in **Dandaragan Estate Olive Oil**. Season to taste with lemon juice, salt and pepper.
2. For the Artichokes: Cook the artichokes in a pot of boiling, salted water together with the mirepoix until the artichokes are al dente. Plunge into ice water to cool, then slice and saute the artichokes with some **Dandaragan Estate Olive Oil**. Season to taste with salt and pepper.
3. For the Melons: Scoop the melon flesh to form small round spheres and soak them in a bowl of port wine.
4. For the Lobster Bisque: Chop the reserved lobster shell into small pieces and saute in a pot with butter and **Dandaragan Estate Olive Oil**. Add the mirepoix and continue sauteing. Then add the tomato paste, and flambe the mixture with brandy, white wine and noilly prat. Add in the canned tomatoes and

pour in hot water until the shells are at least 2/3 covered. Simmer for approximately 30 minutes, then add in the cream, mix well and leave to simmer for a further 15 minutes.

5. Remove the pot from heat. Strain the lobster bisque through a fine sieve and season with salt and pepper, as well as ground nutmeg and walnut.

To Serve:

Sprinkle cress on a serving dish. Spoon the marinated melon balls and sauteed artichokes around. Place the lobster tail in center of plate and garnish with chives. Pour a little hot lobster bisque over the lobster tail.