

# World Gourmet Summit 2004 Culinary Masterclass

*The Cuisine of*  
**Laurent Gras**  
Fifth Floor, San Francisco, USA

## Lobster Cappuccino



Serves 4

### INGREDIENTS

#### Chestnut Puree:

1 ltr chicken stock  
500g chestnuts, without skin  
95g butter

#### Lobster Broth:

1kg Lobster Broth:  
lobster's head with claws, cut into small pieces  
4 Olive oil  
310g garlic cloves, crushed  
155g fennel, chopped  
310g shallots, peeled, chopped  
125g tomatoes, diced  
185ml tomato paste  
600ml **Martell Cognac**  
4.2 ltr white wine  
chicken stock  
Chilli pepper

185g prepared chestnuts puree  
30ml **Martell Cognac**  
90g butter  
'Fleur de sel' sea salt  
Espelette pepper  
Lemon juice

#### Shellfish Butter:

Olive oil  
995g lobster head and claw, chopped  
120ml shellfish broth  
480ml water  
480g clarified butter

#### Shrimps:

4 Maine shrimps, shelled  
'Fleur de sel' sea salt  
Cracked pepper

#### Lobster:

4 lobster for 1/2 tail  
150ml white wine  
150ml orange juice  
140g butter  
Espelette chilli pepper

#### Whipped Cream Dressing:

Whipped cream  
Finely grated lemon peel  
Lemon juice  
Espelette pepper

	<b>Lobster Soup:</b>
60ml	lobster broth
15g	butter
	Lemon juice
	Corn starch

### Method:

1. For the Shrimps: Sear the shrimps with the prepared shellfish butter and season to taste with sea salt and pepper.
2. For the Lobster: Reduce the white wine over heat in a saucepan to half its original volume and then pour in orange juice and bring the liquid to a boil. Season with salt and pepper and a drop of lemon juice. Then poach the lobster half in the butter mixture until the lobster is medium rare. Discard the tail.
3. For the Whipped Cream Dressing: Mix the whipped cream with the lemon peel, lemon juice and pepper.
4. For the Lobster Soup: Reduce the reserved lobster broth in a pot over heat, until the flavours are as intense as desired, then add in the fresh butter and a drop of lemon juice, thicken the sauce with corn starch, and pour it into a coffee pot to serve.
5. For the Chestnut Puree: Pour the chicken stock in a soup pot, add the chestnuts and fresh butter and then bring stock to a boil. Reduce heat and slowly simmer for 30 minutes until the chestnuts are tender, then strain away the stock and pass the chestnuts through a Japanese sieve.
6. For the Lobster Broth: Saute the lobster head pieces for a few minutes in a pan, then pour in some olive oil and saute the lobsters until the shells start to turn colour. Then add the garlic, fennel and shallots and simmer slowly. Next add the diced tomato and continue sauteing until the sauce thickens. Then add the tomato paste, 185ml **Martell Cognac** and white wine. Reduce the liquid to half its original volume, then pour the chicken stock and slowly simmer for an hour, skimming the surface occasionally to clear the broth. Finally, season with chilli pepper and strain the broth through a fine sieve. Reserve 60ml of the broth for the whipped cream sauce.

Bring the rest of the lobster broth to a boil in a clean pot, then add 30ml **Martell Cognac** and slowly simmer for 20 minutes. Melt butter into the broth, then transfer to a blender and blend until smooth. Season with sea salt and pepper, then strain through a muslin cloth. Just before serving add a drop of lemon juice to emulsify the broth.

7. For the Shellfish Butter: Heat some olive oil in a saucepan and add the chopped lobster shells. Saute slowly until they turn colour, then add the shellfish broth and water and continue to simmer for 10 minutes. Finally, add clarified butter and allow the mixture to slowly simmer for another 1 hour until the liquid has been reduced by half and butter becomes clear. Strain and then refrigerate in an ice water bath.

### To Serve:

Place the poached lobster and the seared shrimps in the center of the plate with some of the cooking liquid, spoon whipped cream dressing around the plate and serve with lobster soup on the side.