

World Gourmet Summit 2003 Culinary Masterclasses

The Cuisine of
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Tepid Lobster on Avocado Mango Salad, Lemongrass Sauce



Serves 4

Ingredients

Lobster :

2 lobster (400g – 500g each)
5 ltr water

Vinaigrette dressing :

100ml balsamic vinegar (aged 10 years)
200ml olive oil
salt and pepper
sugar

Fruit salad :

1 mango, diced
1 avocado, diced
2 limes, for juice
1 tbsp honey
Basil, sliced
salt and pepper

Sauce :

2 lemongrass stalks
1 fresh ginger
2 shallots
herbs (coriander, chives, rosemary and
100ml thyme)
200ml white wine
200ml fish broth
cream

Garnish :

4 kernals pomegranate seeds

Method

For the lobster: Poach the lobster in boiling salted water for 3 – 4 minutes. Cut it in half and shell it. Cut the tail into small slices and arrange with the rest of the meat on a plate with tepid salted water. Cover with cling film.

For the vinaigrette: Mix old balsamic vinegar with olive oil, salt, pepper and sugar.

For the fruit salad: Toss the diced mango and avocado with some lime juice, a spoon of honey, basil, salt and pepper.

For the lemongrass sauce: Heat the lemongrass, fresh ginger, shallots and herbs with white wine and fish broth, and reduce. Add some cream and reduce it again for few minutes.

Serving

Place the avocado mango salad on a plate, top with the lobster meat. Dress with vinaigrette and drizzle sauce around. Garnish with a kernel of pomegranate.