

Western Australia Rock Lobster Roll, cucumber & spicy marie rose

45-50 mins | Serves 6

Recipe created by Matt Moran

If your lobster is live place into a freezer for 1 hour to put to sleep.

Place a large saucepan of salted water on a high heat and bring to the boil, place the lobster straight from the freezer into the boiling water and cook for 20-22 mins, once cooked remove from the boiling water and place straight into ice water.

While the lobster is cooling, place all ingredients for the pickling liquid into a small saucepan and bring to a simmer, place the sliced cucumbers into a small mixing bowl and pour the pickling liquid over the cucumber until just covered, allow to cool.

To make the marie rose, place all ingredients into a mixing bowl and mix until combined, season to taste.

Once the lobster is chilled, remove the head and discard, using a knife through the back of tail lengthwise down the middle to split the tail into two pieces, remove the meat from the tail and place the two tail shells aside, remove the intestinal vein and discard, cut the tail meat into 2-3cm even pieces and place into the bowl, chopped chives and enough Marie rose to coat the lobster.

Cut the hotdog buns un half and either place on a pre heated grill or warm through an oven, butter both sides if the bread.

To assemble place a piece of the cos lettuce into each bun, followed by a few slices of pickled cucumbers, spoon in the lobster mix and finish with a sprinkle of smoked paprika.



INGREDIENTS

- 1kg WA Rock lobster
- ½ Telegraph cucumber, thinly sliced
- 1 Head of baby cos, pickled and washed
- 6 x Brioche hotdog buns
- ½ Bunch chives, finely chopped
- 80g Salted butter, softened
- 10g Smoked paprika

PICKLING LIQUID

- 1 garlic clove, peeled and halved
- 1 small red chilli, split in half
- 250 ml (¾ cup) white wine vinegar
- 100ml water
- 1 teaspoon caster sugar
- 1 teaspoon sea salt
- ½ teaspoon coarsely cracked black peppercorns

MARIE ROSE SAUCE

- 200g Whole egg mayonnaise
- 80g Tomato sauce
- 1 ½ Tbs Worcestershire sauce
- 1tsp Tabasco sauce



Good choice, WA.

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