

BBQ Western rock lobster with lemon butter sauce

Preparation: 10 mins | Cooking: 20 mins | Serves 2

Recipe by Matt Stone

METHOD

Preheat barbecue or grill on high heat.

To prepare the lobster, place the live lobster into the freezer for an hour. This will put the lobster to sleep.

Once the lobster is completely chilled, remove from the freezer and stab the lobster through the head using a sharp knife. Cut in half lengthwise through the shell and place the lobster onto a tray, flesh side up.

To make the lemon butter sauce, place the fish stock and wine in a pan, on a medium heat and reduce to 50ml. Whisk in the butter gradually once warm to form the sauce.

Place the lobsters onto the preheated barbecue or grill flesh side up and close the lid to keep the heat in. Cook for 8-10 minutes or until the flesh is just translucent in the centre.

Slice finger limes in half and gently squeeze out the pearls into a reserved dish.

To finish, add the lemon juice, salt and pepper to the sauce and pour over the lobster. Garnish with the reserved finger lime pearls.

Serve with two slices of white bread and iceberg lettuce.

Note: All fresh ingredients, oil, salt and herbs can be sourced locally.

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INGREDIENTS

- 2 live lobsters
- 2 slices of white bread
- 50g iceberg lettuce

SAUCE

- 100ml fish stock
- 100ml dry white wine
- 150g salted butter
- 2-3 tsp fish sauce
- 20ml lemon juice
- lemon zest
- 4 finger limes (optional)



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