

LOBSTER THERMIDOR SAUCE

F MEDIUM

Last Modified: 04/08/2014

PREP: 15 Min
COOK: 3 Hrs
STOVETOP

SAUCE

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Small	Lobster Bodies (Cleaned of Gills)	
OR			
3	Tbsp	Lobster Base (Better Than Bouillon)	Dissolved
1	Medium	Yellow Onion	Diced
1	Medium	Carrot (Peeled)	Diced
1	Stalk	Celery	Diced
1/2	Cup	Shallots	Diced
8	Cloves	Garlic	Smashed
1	Stick	Unsalted Butter	Divided
2	Cups	Brandy (E&J VSOP Reserve)	
6	Cups	Dry White Wine Chablis)	
2	Sprigs	Fresh Tarragon	
2	Whole	Dried Bay Leaves	
1/4	Bunch	Fresh Italian Parsley Leaves	Chopped
2	Sprigs	Fresh Thyme	Chopped
1/8	Bunch	Fresh Basil Leaves	Chopped
4	Cups	Chicken Stock (Swanson)	
1	Cup	Heavy Cream	
1	Tsp	Tomato Paste (Leave Out For A Creamier Sauce)	

PREPARATION

EASY OPTION	In a pinch, you may substitute 3 tablespoons +/- of "Better Than Bouillon" Lobster Base in place of the baked Lobster Heads. CAREFUL, add it in small amounts after the Chicken Stock and Spices come to a boil & TASTE OFTEN WHILE ADDING - it IS salty. This stuff can quickly overwhelm the Sauce. Simmer it for 30 minutes instead of 2 hours before the last step of straining.
TOOLS	<ol style="list-style-type: none"> 1) Small Saucepan 2) Large Saucepan & Lid 3) Aluminum Half Sheet Pan 4) Fine Wire Strainer 5) Cheesecloth
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Smash the Garlic Cloves and set them aside. 2) Dice the Yellow Onion and add it on top of the Garlic. 3) Dice the Carrot and add it on top of the Garlic. 4) Dice the Celery and add it on top of the Garlic. 5) Dice the Shallots and add them on top of the Garlic. 6) Chop the Parsley Leaves and set them aside. 7) Chop the Thyme (Stems and Leaves) and add them on top of the Parsley. 8) Chop the Basil Leaves and add them on top of the Parsley.

LOBSTER THERMIDOR SAUCE

1	BASE: Preheat the oven to 500 degrees. Line a sheet pan with aluminum foil and place the Lobster Heads (NO Tails, Claws or Legs) bottom up so they are not touching. Roast them until slightly browned, about 15 to 20 minutes.
2	BASE: Meanwhile, sweat the Onion, Carrot, Celery, Shallots and Garlic in 1/2 stick of Butter in a large saucepan over medium heat. Add in the Brandy and reduce it until almost dry. Add in the White Wine and reduce again until almost dry. Add in the Chicken Stock, Tomato Paste (if using), Tarragon, Bay Leaves, Parsley, Thyme and Basil and mix together well.
3	LOBSTER HEADS VERSION: Add in the Lobster Heads and bring it to a boil, reduce the heat to low and simmer it for 2 hours, frequently skimming off any scum as it is produced.
3	LOBSTER BASE VERSION: Add in the dissolved Lobster Base and bring it to a boil, reduce the heat to low and simmer it for 30 minutes.
4	BASE: Strain the mixture through a single layer of dampened cheesecloth in a fine wire strainer, return the strained liquid to the saucepan and simmer it on low heat to reduce it by 1/2, about 30 minutes.
5	SAUCE: Place the Heavy Cream in a small saucepan over medium heat and CAREFULLY (It CAN burn) reduce it by 1/2 to thicken it, stirring often. Whisk the Thermidore Sauce Base into the reduced Heavy Cream.
6	SAUCE: Finish by slowly adding in the remaining 1/2 stick of Butter, 1 tablespoon at a time. Shaking the pan to melt the Butter - <u>DO NOT STIR THE SAUCE FROM THIS POINT ON</u> - Do not add in another tablespoon until the previous one has fully disappeared. From this point, <u>DO NOT</u> allow the Sauce to even slightly boil or the Butter will separate.
7	SAUCE: This Sauce should be relatively thick and creamy, so it heavily coats the back of a spoon and each piece of Lobster Meat (See Picture).
SERVE	Cover and keep it warm until ready to serve. Pour it generously over the pieces of cooked Lobster Meat, arranged nicely inside the half of each Tail Shell. Serve while hot.