Homard Thermidor



Used bresc products



Bresc Garlic chopped 1000g



Bresc Garlic chopped 450g

Ingredients

10

For the lobster

- 10 lobsters (cleaned)
- 3 leek
- 3 courgette
- 5 new carrots
- 1 celeriac
- 3 onion
- 200 g Parmesan cheese
- oil for frying

For the Thermidor sauce

- 1 bunch of chervil
- 1 bunch of tarragon
- 500 ml white wine
- 10 dl fish fond
- 65 g Bresc Garlic chopped
- 5 dl cream
- 8 shallots
- 10 g fine-grained mustard
- 50 g butter

Preparation method

Bring the white wine, fish fond and cream to the boil. Chop the shallots and add them, and the garlic, to the liquid. Reduce (to a thick sauce) and add the chopped chervil and tarragon. Stir in the mustard and thicken the sauce with butter. Clean the vegetables and cut into fine brunoise. Chop the onion. Braise the vegetables in a little oil. Flavour the vegetables with half the sauce. Remove the lobster meat and cut into large chunks. Spoon the vegetables into a dish and arrange the lobster meat neatly among them. Cover everything with the remaining sauce. Heat the oven to 220 degrees. Grate the Parmesan cheese over the plate and cook the dish au gratin in the oven or under an overhead grill. Serve with fried French bread and some of the chopped herbs.