

LOBSTER SALAD



USED BRESC PRODUCTS



Bresc Basil puree 450g



Bresc Garlic chopped 1000g



Bresc Garlic chopped 450g



Bresc Grilled bell pepper puree 450g



Bresc Parrillada Aio e Lemone 450g



Bresc Pomodori marinati 1000g

INGREDIENTS

4

For the salad

- 2 lobsters
- 20 g Bresc Aio e limone
- 12 roma tomatoes
- 12 baby potatoes
- 8 stalks green asparagus
- 10 g Bresc Basil puree
- pousse de blette (chard leaves)
- basil cress
- olive oil

For the Tuscan dressing

- 0.5 dl white wine
- 0.5 dl water
- 1 dl lobster glaze
- 15 g Bresc Garlic chopped
- 20 g Bresc Basil puree
- 10 g Bresc Grilled bell pepper puree
- 50 g Bresc Pomodori marinati

PREPARATION METHOD

Bring a large pan of water with plenty of salt to the boil and cook the lobsters for 3 minutes. Remove them and allow to cool. Chop the lobsters in half and clean the heads. Put the lobsters to one side.

Blanch the asparagus and baby potatoes until al dente. Marinate them in a dash of olive oil and one dessertspoon of basil puree and season with pepper and salt, if needed. For the dressing, fry the garlic gently in a little oil. Add the lobster glaze, wine and the water. Add more water for a milder flavour if necessary. Add the bell pepper puree, pieces of tomato and the remainder of the basil puree but do not allow to boil. Preheat the grill or oven to 220 degrees and brush the aio e limone on the lobsters. Grill the lobsters for 5 minutes in the oven or 2 minutes under the grill; in the meantime, arrange the other ingredients neatly on the plates. Serve the lobster on the plates and add plenty of the dressing. Garnish with the cress and lettuce.