



GRILLED LOBSTER WITH PARMESAN SAUCE & THYME PANGRATTATO

Recipe by Alison Adams, image credit by Jeremy Simons,
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0:25 Prep 0:20 Cook 10 Servings as part of a platter

WINE MATCH:

FOX CREEK CHARDONNAY

Pineapple, nectarine, peach and apricot combine with lightly buttered toast and cashew nut to create a rich and complex bouquet.

INGREDIENTS

- 50g butter
- 40g (1/4 cup) plain flour
- 60ml (1/4 cup) Fox Creek Chardonnay
- Small pinch of saffron threads
- 500ml (2 cups) milk
- 60g (3/4 cup) finely grated parmesan
- 2 frozen cooked lobsters, thawed, halved lengthways, shells reserved, meat coarsely chopped

METHOD

1. Melt the butter in a saucepan over medium heat until foaming. Add flour. Cook, stirring with a wooden spoon, for 1-2 minutes or until the mixture bubbles. Remove from heat. Whisk in the Chardonnay until smooth. Add the saffron. Gradually add milk, whisking constantly until smooth and combined. Cook over medium heat, stirring constantly with a wooden spoon, for 3-4 minutes or until sauce thickens. Stir in 40g (1/2 cup) of the parmesan until it melts. Remove from heat. Season. Set aside to cool slightly. Stir in the lobster.
2. To make the thyme pangrattato, heat oil in a non-stick frying pan over medium heat. Add the breadcrumbs and thyme and cook, stirring, for 5 minutes or until crisp and golden.
3. Preheat grill on high. Place the reserved shells, cut-side up, on a large baking tray. Spoon the lobster mixture evenly among the shells. Cook under grill, about 6cm from the heat source, for 5 minutes or until golden brown. Sprinkle over the thyme pangrattato.

Lobster tip: To prepare the lobster, use a sharp knife to carefully cut the lobster in half, through the head and down the centre of the body. To easily remove the meat from the shell, hold the tail end with one hand and, using the other hand, carefully ease out the meat, working towards the head.



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