

Spiny Lobster

By Dominique Crenn

Spiny Lobster (17g pp)

- Steam the spiny lobster for 1 minute and 30 seconds on full steam. Cool down in an ice bath. Break down the lobster tail. Break up the rest of the shell with scissors into small pieces.

Spiny Lobster Broth

- Lobster shells, medium-course in a robot coup
- 415g Coconut oil
- 450g Yellow onion, medium dice
- 30g Garlic, peeled and sliced thin
- 450g Young ginger, peeled and sliced medium
- 650g Carrot, peeled and sliced thin
- 1.5 ea Jarred tomatoes
- 600 ml Dry Vermouth
- 1bu ea thyme, chive, parsley, mint
- 3 ea Bay leaf
- 5L double bo

Toast the shells in coconut oil until aromatic, add vegetables and sweat until translucent. Add jarred tomatoes and cook off liquid until a paste forms. Deglaze with vermouth. Add double bo, and simmer for 3 hours. Add herbs and continue simmering for 10 minutes.

Gooseberry Raisin

Peel gooseberries, toss in coconut oil, and dehydrate at 140 F for at least 8 hours. Cut in half, reserve.

Pickled Wakame

150 g Mirin
75 g Rice Vinegar
75 g Apple Vinegar
75 g Shiro Dashi
15 g Sake
15 g Water
Circulate at 70 C for 60 minutes. Mix with crab, lemon juice, lemon zest, shirodashi a la minute.

Pear Butter

- 2.5kg Pear
 - 50g Grapeseed oil
 - Vadouvan & Salt
 - 20g Honey
- Heat Grapeseed oil in a wide pot. Mandoline pears, add to pot with vadouvan, honey, and salt. Cook on low heat with a cartouche, stirring to prevent scorching. Cook until golden brown and tender, blend on high, and season. Pass through a tammiss, cool with cover to prevent a skin from forming, reserve.

Coffee Coconut Oil

- 5g Coffee per 30g Coconut Oil
 - 1 ea Arbol chili, de-seeded
- Circulate coffee and oil for 30 minutes at 75 C.

Murdock

Trim tips and blanch in rolling, salted water with ash. Shock in ice water, reserve.

Mermaid's Hair

Cut tips and reserve with damp linen-like.

Sea Lettuce Powder

Dehydrate at 140 F for at least 1 hour. Blend in spice grinder, reserve.

