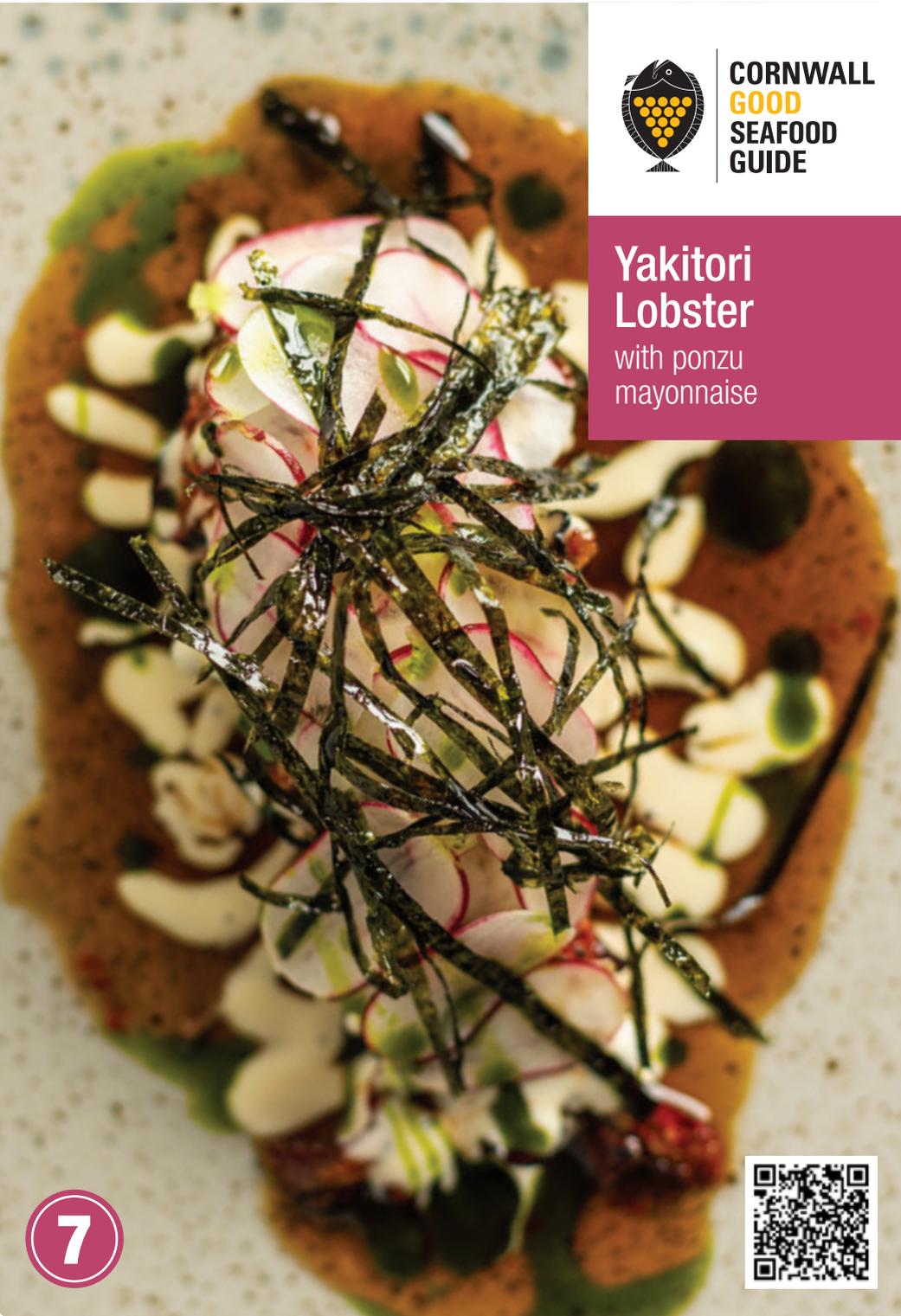




CORNWALL
GOOD
SEAFOOD
GUIDE

Yakitori Lobster

with ponzu
mayonnaise



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Guy Owen St Enodoc Hotel, Rock 2020

An exquisite Japanese recipe combines flamed Cornish lobster with a yakitori marinade, and an intense citrus ponzu mayonnaise. When cooking with lobster, it is crucial to keep the dish as simplistic as you can, so you don't lose the delicate flavour of the fish. This is a special treat that takes time to prepare but will not fail to impress and makes the most of fantastic, sustainable Cornish pot caught lobster.



Yakitori Lobster

with ponzu mayonnaise

Ingredients

Cooking time: 1 hour 20mins
at a relaxed pace

Serves: two

Fresh Cornish pot caught lobster

For the yakitori marinade:

250ml soy sauce (gluten free)

250ml mirin

125ml sake

125g castor sugar

1 chilli

3 cloves garlic

½ bunch of coriander

For the ponzu:

90ml lime juice

30ml orange juice

30ml rice vinegar

30g light brown sugar

80ml mirin

80ml soy sauce

A pinch of black pepper

For the ponzu mayonnaise

500ml Helman's mayonnaise

(or home made is even better if you have time)

300ml ponzu

For the Garnish

3 finely sliced radishes,

Nori strips cut fine

Method

To make the yakitori marinade: add the soy sauce, mirin, sake and sugar and heat to dissolve sugar. Cool, blend in other ingredients. (This can be refrigerated and kept for up to one week).

To make the ponzu: simply blitz the ingredients together. (Once made this can be kept in the fridge for up to 9 weeks).

To make ponzu mayonnaise: mix 500ml Helman's mayonnaise with 300ml of ponzu, whisk together.

How to cook lobster: first you must humanely kill the lobster. Follow the QR code overleaf to visit our website for instructions.

Remove the claws and cook them separately to the body. Bring a pan of water up to a gentle simmer. Put the claws into the water and cook for 2 minutes. Then add the body and cook for a further 5 minutes. Remove from the heat and then leave under a gently running tap to cool for 10 minutes (don't use iced water- this makes the meat stick to the shell).

Crack the lobster meat out of the shell carefully. Marinade the meat in the yakitori for 2 hours.

Put the claw meat onto a skewer and the tail meat onto a separate skewer. Barbeque over flames for 2-3 minutes (1-2 minutes each side) - this results in the yakitori caramelizing and taking on a subtle smoky flavour.

To plate the lobster, carve the lobster tail into 5 pieces and season lightly with sea salt. Arrange neatly into the centre of a warm plate. Zig zag some ponzu mayonnaise, fairly liberally, over the lobster meat. Garnish the top with plenty of fresh sliced radish and some nori seaweed sheet, drizzle with yakitori marinade.

Follow the QR code overleaf for instructions on how to humanely kill the lobster.

Cornwall Good Seafood Guide is a website that aims to help us all make good seafood choices, by providing detailed sustainability information on all of Cornwall's seafood.

www.cornwallgoodseafoodguide.org.uk

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