

# THE CRUSTACEAN iNVAStIONS



Courtesy of Executive Chef  
**Yannick Anton**  
Signatures Restaurant  
at Le Cordon Bleu in Ottawa

Inspired by  
*The Barbarian Invasions*  
(2003)



## *The Crustacean Invasions*

Chef Yannick Anton's Beurre Blanc Poached Lobster with Mini Honey Turnips, Fava Beans, Pea Shoots & Red Pepper Coulis

### *Ingredients*

4 lobsters (individual weight of about 1¼ lb)	Salt and ground black pepper
2 shallots	150 ml olive oil
200 ml white wine	1 tbsp ras el hanout powder or curry powder
50 ml cream	2 slices mini coloured pepper, finely sliced
300 g butter	100 g fava beans or green peas
2 slices of red bell pepper	4 pieces of pickled mini turnips
½ medium-sized onion	8 sprigs of pea shoots
250 ml vegetable stock	

### *Method*

- 1 Bring to a simmer 5 litres of salted water in a large stockpot.
- 2 Add live lobsters and quickly cover pot with a lid. Steam lobsters until shells are bright red and meat is cooked through, about 6 minutes. Remove lobsters from the pot with tongs and let cool, about 5 minutes. Remove meat from the shell and set aside until ready to serve.
- 3 Warm up lobster meat in a beurre blanc (white wine and shallot reduction emulsified with butter and cream).
- 4 Finely dice pepper and onion then sauté with a dash of olive oil. Add vegetable stock, salt and pepper and simmer for 10 minutes. Blend the mixture in a blender.
- 5 Emulsify mixture with 100 ml of olive oil. Finish with 1 tbsp ras el hanout and then strain. Set aside.
- 6 Heat remaining olive oil in a pan and sauté vegetables until golden. Add salt and ground black pepper to taste.