

「GUEST CHEF」



LATEST CRAYS

Chef Derek Lau makes a hero of local lobster

SMOKED TOM YUM LOBSTER WITH MANGO SALAD



For the lobster

2 large lobsters (about 600g each)
salt
1 cup seafood stock (or vegetable)
1 piece of charcoal, heated until exterior is white/grey
3 tbsp ghee

For the tom yum sauce

2 tbsp tom yum paste
2 tbsp fish sauce
2 tbsp lime juice
2 tbsp vegetable oil
2 tbsp caster sugar
2 tbsp lime leaves, chopped
2 tbsp garlic cloves, minced

For the mango salad

1 mango, diced or shredded
¼ cup mint leaves
¼ cup Thai basil leaves
¼ cup coriander leaves
¼ cup peanuts
2 tbsp fried shallot

For the salad dressing

2 tbsp lime juice
1-2 tbsp fish sauce
2 tbsp warm water
1 tsp caster sugar
1 garlic clove, minced
1 chilli, diced finely, seeds removed
lime wedges, to serve

Step 1 Prepare an ice bath for the lobster. Bring a large pot of water to the boil, salt heavily. Add the lobster for 1-2 minutes, to release meat from the shell and then transfer to the ice bath. Cut along the length of the tail (underside), and remove the meat. Keep the tail for serving.

Step 2 Mix ingredients for the tom yum sauce. Cut each lobster tail into 2.5cm cubes and coat in sauce. Marinate for 30 minutes.

Step 3 Add some oil to a frypan and then heat to medium-high. Add the lobster and cook for a few minutes, then add the stock. Let sauce reduce for a few minutes until

the lobster is mostly cooked through, then remove the pan from the stove.

Step 4 Place a small metal bowl into the centre of sauce. Add ghee, then place the hot charcoal into the metal bowl in the ghee. Cover with a lid and smoke for 5-10 minutes.

Step 5 While the lobster is smoking, prepare the salad. For the dressing, whisk together all ingredients until the sugar dissolves. Shred mango and mix with the other ingredients. Mix all ingredients before serving, loading up with the peanuts and shallots on top.

Step 6 After the lobster has finished smoking, remove the lobster and the bowl, return the sauce to the stove to reduce by half, then pour over the lobster.

Step 7 To serve, spoon lobster into the tail and cover with more of the sauce. Serve with the mango salad on the side.

Sponsored by Western Rock Lobster

Fresh, local lobsters straight from the pristine waters of WA

