



Posted on 17 September 2012
by Louise Smith

Lobster Mornay

Ingredients

2 (about 4 lb.) cooked whole lobsters, halved lengthways, cleaned

1.7 oz. butter

2 oz. plain flour

2.5 fl oz. dry white wine

1.5fl oz. warm milk

2 oz. coarsely grated cheddar

Salt & ground white pepper

1 oz. finely chopped fresh chives

Potato wedges and mixed green salad leaves, to serve

Servings

2

Person

Preparation

- 1 Remove meat from lobster shells. Coarsely chop and set aside until required. Place the lobster shells, cut-side up, in a large roasting pan. Preheat grill on high
- 2 Melt butter in a medium saucepan over medium heat until foaming
- 3 Add the flour and cook, stirring with a flat-edged wooden spoon, for 1-2 minutes or until mixture bubbles and begins to come away from the side of the pan
- 4 Remove from heat
- 5 Gradually add the wine, whisking constantly with a wire balloon whisk until mixture is smooth
- 6 Gradually add milk, whisking constantly until smooth and combined
- 7 Place over medium heat and cook, stirring constantly with a wooden spoon, for 3-4 minutes or until sauce boils, thickens and coats the back of the spoon
- 8 Add the cheese and stir until cheese melts. Remove from heat
- 9 Taste and season with salt and pepper. Stir in the chives and lobster meat
- 10 Spoon lobster mixture evenly among shells. Cook under preheated grill, about 6cm from the heat source, for 4 minutes or until golden brown. Remove from heat
- 11 Divide lobster among serving plates and serve immediately with potato wedges and mixed green salad leaves

Cooks Note

Serves 2
