

Lobster and orange salad : fish made simple : main course / Tesco.

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Publication/Creation

[Cheshunt] : Tesco, [1994]

Persistent URL

<https://wellcomecollection.org/works/upucqr8j>

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RECIPE
COLLECTION

from
TESCO

**LOBSTER
AND
ORANGE
SALAD**



FISH
*made
simple*

MAIN COURSE

TESCO

LOBSTER AND ORANGE SALAD

SERVES 2

A sensational, easy way to present small lobster. The delicious dressing is flavoured and coloured with rosy red paprika and grated orange zest.

INGREDIENTS

2 small cooked lobsters about 450g (1lb)
thawed weight

1 seedless orange

1 tsp paprika

150ml (1/4 pint) thick mayonnaise

1 little gem lettuce

NOTE: This recipe serves 4 as a starter.

All lines subject to availability at Tesco

METHOD

- 1** Remove lobster meat from the shells (see instructions). Reserve the halved tail shell sections for presentation.
- 2** Using the medium/fine part of a grater, grate the zest from the orange. Keep aside. Using a sharp, preferably serrated stainless steel knife, cut away and discard the white pith. Halve the orange lengthways and cut it into semi-circles.
- 3** Stir any juice which has collected, the grated zest and the paprika into the mayonnaise. Mix well to a bright rosy dressing. Spoon half into the centre of each serving plate. Set the lobster pieces, rosy sides upwards, on top.
- 4** Set the orange semi-circles at one edge, add 3 or 4 lettuce leaves then add the two empty tail shell sections, rosy side up, for decoration and serve chilled with some crisp white or rosé wine.

HOW TO SHELL A LOBSTER

Twist off the claws of the lobster. Use a heavy blunt instrument (rolling pin, hammer or can of baked beans) or else pliers or a nutcracker, to crack each claw in several places. Remove claw meat pieces and keep aside.

Hold lobster belly up, pressing down on the body section and end of the tail with one hand, to hold it flat. Use a small, sharp preferably serrated stainless steel knife (or kitchen scissors) to cut through the shell and tail from top to bottom lengthwise. Turn the lobster over and repeat this process from the other side. Twist the halved tail free from the body. If liked scrape out any red coral (eggs) and the creamy khaki green "tomalley" from the body cavity – gourmets consider this delicious. (Discard the body shell section or use for soup).

Separate the two halved tail sections. Trim off any dark feathery parts from the upper tail and discard. Pull out and remove the dark thread (intestinal vein) from the white flesh.

Pat clean with kitchen paper. Pull the tails from their half shells, keeping the shells for decoration.

