

Recipe for Savory Appetizer

by Herve Malivert

Director of Culinary Affairs

Institute of Culinary Education, New York

Step-By-Step Lobster roll with Horseradish cream, Orange Jam & Avocado Pudding



Meet The Chef



Chef Hervé Malivert gained extensive experience in Michelin-starred restaurants in France before relocating to New York in 1998. He served as **Chef de Cuisine** at La Goulue and **Executive Chef** at Orsay Restaurant in the heart of Manhattan.

In 2006, Chef Hervé transitioned to culinary education, overseeing catering and special events, and serving as **Culinary Art and Technology Director** at the French Culinary Institute (FCI).

Since 2021, he has been teaching at the Institute of Culinary Education, where he currently holds the position of **Director of Culinary Affairs**.

THIS RECIPE IS 100% VEGETARIAN

Lobster roll with Horseradish cream Orange Jam and Avocado Pudding



Recipe



Recipe serves
4

Ingredient:	Amount:	
For the Lobster Roll	Ounces	Grams
4 lobster	1 1/4 lb (Each)	635 Grams (Each)
Loaf Brioche	1	1
Egg Whites	2	2

Ingredient:	Amount:	
For the Orange Jam	Ounces	Grams
Oranges	17.6 Ounces	500 Grams
Sugar	25%	25%
Canola Oil	1.05 Ounces	30 Grams

Ingredient:	Amount:	
For the Shellfish	Ounces	Grams
Fennel Dice	10.58 Ounces	300 Grams
Shallots Slice	3.53 Ounces	100 Grams
Celery Slice	3.53 Ounces	100 Grams
Black Peppercorn	6	6
Bay Leaf	1	1
Dry Vermouth	25.4 Ounces	750 Grams
Clams Juice	5.1 Ounces	150 Grams
Littleneck Clams	24	24
Mussel	10	10

Ingredient:	Amount:	
For the Horseradish Cream	Ounces	Grams
Heavy cream	8.8 Ounces	250 Grams
Shellfish cooking liquid	5.2 Ounces	150 Grams
Grated horseradish	1.06 Ounces	30 Grams
Agar agar	0.25 Ounces	7 Grams
Sugar	0.5 Ounces	15 Grams
Kosher salt	0.18 Ounces	5 Grams
Egg yolks	3	3
Cornstarch	0.3 Ounces	9 Grams
Ultra-Tex 3	0.25 Ounces	7 Grams
Xanthan gum	0.04 Ounces	1 Grams

Ingredient:	Amount:	
For the Avocado Pudding	Ounces	Grams
Ripe avocados	4.41 Ounces	125 Grams
Grape seed oil	0.53 Ounces	15 Grams
Glucose	0.46 Ounces	13 Grams
Lime juice	0.35 Ounces	10 Grams
Kosher salt	0.11 Ounces	3 Grams

Ingredient:	Amount:	
For the Seaweed Chips	Ounces	Grams
Nori powder	0.56 Ounces	16 Grams
Rice vinegar	2.12 Ounces	60 Grams
Egg white	4.23 Ounces	120 Grams
Flour	2.47 Ounces	70 Grams
Salt	0.035 Ounces	1 Grams
Sugar	0.21 Ounces	6 Grams
Cinnamon	0.035 Ounces	1 Grams

Method

The Lobster Roll :

1. Separate the lobster tails and claws. Skewer the tails to maintain their shape. Bring a pot of water to a boil.
2. Submerge all lobster pieces in the boiling water. Cook the tails for 5 minutes, then transfer them to an ice bath. Continue cooking the claws for an additional 5 minutes, then place them in the ice bath as well.
3. Carefully remove the lobster meat from the shells, ensuring the pieces remain intact.
4. Slice the tails lengthwise and shape the lobster meat into cylinders to the desired size.
5. Trim the crust from the brioche and cut it to the appropriate size to enclose the lobster.
6. Brush the brioche with egg white, roll the lobster inside, wrap tightly in plastic wrap, and refrigerate for 30 minutes.

The Orange Jam :

1. Wash the oranges thoroughly and weigh them.
2. Measure sugar equal to 25% of the orange weight and combine with the oranges in a vacuum-sealable bag.
3. Seal the bag and cook sous vide at 83 °C for 14 hours.
4. Transfer the cooked oranges to a Vitamix and blend until smooth. Gradually add the oil to create an emulsion.
5. Allow the jam to cool completely, then transfer to a squeeze bottle for storage or service.

The Shellfish :

1. Clean and thoroughly dry all shellfish.
2. In a saucepan over medium heat, combine fennel, shallots, peppercorns, and bay leaf with the vermouth and clam juice.



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3. Cook for 5 minutes, or until the vegetables are tender.
4. Add the littleneck clams, cover, increase heat to high, and cook until the clams open.
5. Using a perforated spoon, transfer the clams to a sheet pan to cool.
6. Repeat the process with the mussels.
7. Strain the cooking liquid into a clean saucepan, skimming off any impurities. Remove from heat and reserve for making the horseradish cream.
8. Clean the shellfish and remove the meat from the shells:
9. **Littleneck clams:** Using shears, trim away the stomach of each clam and discard.
10. **Mussels:** Remove and discard the black bands around the edge of each mussel; separate the two fillets using a knife.
11. Refrigerate the shellfish on ice in separate containers until ready to use.

Method

The Horseradish Cream :

1. Fill a large bowl with ice water and place a smaller bowl inside it.
2. In a saucepan, bring the cream, shellfish broth, and horseradish to a boil.
3. Remove from heat, cover, and let steep for 30 minutes. Strain through a chinois, discarding the solids.
4. In a medium saucepan, combine 475 g of the strained liquid with agar agar, sugar, and salt.
5. In a medium bowl, whisk together the egg yolks and cornstarch.
6. Bring the liquid mixture to a boil, whisking constantly, then remove from heat.
7. Slowly whisk the hot liquid into the egg yolk-cornstarch mixture to temper the eggs.
8. Return the mixture to the saucepan over low heat, bring to a simmer while whisking constantly, and cook until it bubbles and thickens. Remove from heat.
9. Strain the mixture through a chinois into the bowl set in the ice water bath. Allow it to cool completely until set.
10. Transfer to a blender and blend on high speed until completely smooth.
11. With the blender running on low speed, slowly add Ultra-Tex 3 and xanthan gum, blending until the mixture is thick and smooth.
12. Strain through a chinois and transfer to small squeeze bottles (one per team), then refrigerate until ready to use.



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The Avocado Pudding :

1. Halve the avocados and remove the pits. Scoop the flesh from the skins.
2. In a blender, each team combines the avocado, grape seed oil, glucose, lime juice, and salt. Blend on high speed until smooth.
3. Transfer the mixture into two containers, one for each team.

The Seaweed Chips :

1. Preheat the oven to 330 °F (165 °C).
2. In a Vitamix, grind the nori into a fine powder.
3. Add the remaining ingredients and blend until very smooth.
4. Spread the seaweed mixture evenly into a silicone mold.
5. Bake in the preheated oven for approximately 6 minutes. Be careful not to overbake, as this will make the crisp too hard.