

Recipe for Savory Main-Course

by Sébastien Baud

Executive Chef,

The Consulat General of France In New York

Step-By-Step Maine Lobster à la Bourguignonne



Meet The Chef



Sebastien Baud grew up on the Atlantic Coast of France and comes from a family of fishermen.

At a very young age, he and his father would sell the catch of the day to local restaurants that's! when Sebastien started developing his passion and his cooking skills, at home under the supervision of his mother.

He graduated from La Rochelle Culinary School and had the opportunity to learn from knowledgeable Chefs who taught him many secrets in the Arts of French Cuisine.

THIS RECIPE IS 100% VEGETARIAN

Maine Lobster à la Bourguignonne



Recipe



Recipe serves

4

Ingredient:	Amount:	
Vegetables	Ounces	Grams
Baby leeks	7 Ounces	198 Grams
Cipollini onions peeled	14 Ounces	396 Grams
Young Ratte potato peeled	14 Ounces	396 Grams
Baby carrots	10 Ounces	283 Grams
Baby snow pea	10 Ounces	283 Grams
Baby turnips	10 Ounces	283 Grams
Poultry jus	12 Ounces	340 Grams
Sugar	4 Ounces	113 Grams
Butter	4 Ounces	113 Grams

Ingredient:	Amount:	
Lobster Cooking Broth	Ounces	Grams
Onions	1	1
Carrot	1	1
Celery stick	1	1
Garlic Gloves	3	3
Bouquet garni	1	1
Springs of tarragon	2	2
White vinaiger	8 Ounces	226 Grams
White wine	4 Ounces	113 Grams
Kosher salt	0.5 Ounces	14 Grams
Black peppercorn	0.25 Ounces	7 Grams

Ingredient:	Amount:	
Butternut Squash Purée	Ounces	Grams
Butter	0.5 Ounces	14 Grams
Butternut squash peeled & diced	24 Ounces	680 Grams
Thymes	3 Springs	3 Springs
Heavy cream	4 Ounces	113 Grams
Salt	0.16 Ounces	4.5 Grams

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4

Ingredient:	Amount:	
Lobster Bisque	Ounces	Grams
Lobster Shells & Heads	all	all
Lobster Broth	32 Ounces	907 Grams
Tomato Paste	2 Ounces	56 Grams
Onions	8 Ounces	226 Grams
Celery stick	4 Ounces	113 Grams
Carrot	4 Ounces	113 Grams
Springs of thyme	1	1
Black peppercorn	1 Ounces	28 Grams

Ingredient:	Amount:	
Plate Up	Ounces	Grams
Lobster tails and claws	4	4
Butter	0.5 Ounces	14 Grams
Pre-Cooked vegetables	All	All
Pre-Cooked Butternut squash puree	All	All
Lobster Sauce	All	All
Salt & pepper	To taste	To taste
Tarragon	10 leaves	10 leaves
Pea Blossom edibles flowers	10	10

Ingredient:	Amount:	
Bourguignonne sauce with lobster	Ounces	Grams
Olive oil	0.5 Ounces	14 Grams
Shallots chopped	1	1
Red burgundi wine	24.3 Ounces	689 Grams
Springs of tarragon	4	4
Baie leaves	1	1
Garlic gloves	2	2
Lobster bisque	8.11 Ounces	230 Grams
Butter	0.5 Ounces	14 Grams
Salt & pepper	To taste	To taste

Method

☀ The Vegetables :

1. Cook the young Ratte potato in the poultry jus until tender, about 10 to 12 mn.
2. Blanch the leeks in broiling salted water for about 3 minutes and refresh in an ice water bath, set aside on a paper towel.
3. In a wide and low saucepan place the Cipollini onions and just cover with water, add the sugar, ½ of the butter, salt and pepper. Cook them over low heat until tender. The water should have evaporated completely leaving a glaze covering the onions all around
4. Repeat the same technique for all the vegetables. Be careful not to overcook them, they must be tender and crunchy at the same time.

☀ The Butternut Squash Purée :

1. Melt the butter over medium heat add the squash and sweat for about 10 minutes.
2. Add the heavy cream the thymes and simmer for about 15 minutes.
3. Discard the thymes and drain the butternut squash, transfer to a blender, puree until fully emulsified.
4. Pass true a fine mesh, season with salt to taste and keep aside in a warm place.

☀ The Lobster Cooking Broth :

1. Sliced all the ingredients and place them in a large pot , add 8 cups of water and bring to a boil, low the heat and simmer for about 7 to 10 minutes until the vegetables softened.
2. Add the white wine and vinager cook for another 5 minutes.
3. Add the lobster and cook them for 6 minutes.
4. Remove the lobsters, set them aside to cool, then shell them.



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5. Set the Tails aside, keep the shells and the heads for the bisque, Keep the unopened claws for the sauce.
6. Keep (4 cups, 32 Ounces, 907 Grams) of the lobster broth.

Method

☀ The Lobster Bisque :

1. Wash and peel the Carrot, Onions and the Celery. Chop into a Mirepoix (Approximately 1 Inch dice)
2. Add the Olive oil into a large sauté pan. Place the Onions, Carrots, Celery and Thyme. Under medium heat, sweat for about 5 minutes then add the lobsters shells and heads. Let this sweat for another 5 minutes.
3. Add the Court Bouillon and put on high heat for 20 minutes, stirring every 5 minutes.
4. Add the tomato paste and the black peppercorn. Turn down the heat and let it simmer for about 20 minutes, stirring every 5 minutes.
5. Turn off the heat and let it cool for 5 minutes.
6. Press the bisque into a fine sieve. Reserve (1 Cup, 8.11 Oz, 230 Grams) for the sauce and keep the rest for another use or recipe.

☀ The Bourguignonne sauce with Lobster :

1. In a Large Sauce pan add the olive oil and saute the shallots for about 2 minutes
2. Pour gently the red wine and the tarragon and reduce by half.
3. Pour the lobster bisque and simmer for about 20 minutes or until the sauce as Thickens.
4. Pass the sauce through a fine sieve and keep on the side in a warm place.

☀ To plate :

1. In a sauté pan, heat up 1/2 of the butter and warm up the lobsters tails for 2 minutes.
2. Warm up the vegetables.



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3. Warm up the sauce Bourguignonne, Check the seasoning and add the rest of the butter.
4. Place the lobster tails and claws in the middle of the plates, arrange the vegetables around them and pour the sauce over the lobsters.
5. Decorate with tarragon leaves and edible flowers.