



Lobster Newburg

Serves 4

Ingredients

- 1 pound of cooked lobster meat
- 1 stick butter
- 3 tablespoons cognac
- 1 cup heavy cream, plus more as needed
- 3 egg yolks, beaten
- ¼ teaspoon kosher salt
- Pinch of freshly ground nutmeg
- Pinch of cayenne pepper

Directions:

Cut meat into bite sized pieces.

In a medium sauté pan, melt the stick of butter over medium heat and leave on heat until the butter fat separates. Skim off and discard the butter fat and pour the now clarified butter into a cup stopping just before you get to the residue on the bottom. Discard that and return the now clarified butter to the pan.

Heat the butter over medium heat and add the cooked lobster meat (if the lobster meat is wet it WILL splatter so make sure you pat the meat dry with a paper towel.)

Sauté the meat for about two minutes until a little golden and tender. Do not cook any longer or it will get tough.

With a slotted spoon, remove the lobster meat to a bowl.

Off heat, add the cognac and return the pan to heat and cook for another minute.

Add the heavy cream and reduce the heat to a medium low simmer. Simmer slowly until the mixture has reduced to about a cup.

Place the beaten egg yolks in a medium bowl and slowly drizzle in the hot cream mixture while you whisk.

After the entire pan is drizzled into the bowl of egg yolks, scrape back into the pan with a rubber spatula and add the salt, nutmeg, and cayenne. Stir and taste and ONLY add more nutmeg and cayenne if it needs more.

Add lobster meat back in along with any liquid in the bowl and stir over low heat just to heat the lobster through. Do not let it bubble after the egg yolks are in.

If the mixture is too intense in flavor, add a little heavy cream to smooth it out. Serve with some crusty bread and enjoy!