

Course: Maine Lobster Salad

RCI



Servings: 10

*5 Maine lobster tails, cooked
1/2 cup olive oil
1/2 cup white wine vinegar
1 tablespoon lemon juice, fresh
1 vanilla bean, seeded removed
1 teaspoon thyme, chopped
salt and pepper
1 teaspoon dijon mustard
2 mangos, peeled and finely diced
1/2 cup orange juice
2 teaspoons sugar
2 tablespoons butter
1 cup fresh cream
2 tablespoons meyer lemon juice
1/2 teaspoon meyer lemon zest
1 tablespoon heavy cream
salt
1/2 cup pistachio nuts, chopped
2 bunches frisee lettuce, washed and dried*

For the dressing: Mix together the vinegar, sugar, lemon juice, dijon mustard, vanilla bean, honey, olive oil and blend until completely mixed. Will hold for 1week.

For the confit: In a large saute pot, add the butter, mango, orange juice, sugar, salt and simmer until jam like, about 10 minutes. Refrigerate and will keep 2-3 days.

*Mango confit, meyer lemon cream, pistachio, and frisee
Equipment needed: Blender*

Per Serving (excluding unknown items): 199 Calories; 17g Fat (73.1% calories from fat); 2g Protein; 12g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 33mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.