

## LOBSTER SALAD

### Salad

Cut lobster tails in half through the shell lengthways. Remove the black vein and discard. Fry cut side down over medium-high heat for about 5 minutes or until the shell turns bright in colour. Turn over and spoon herbed butter onto the meat. Fry for another 4 minutes or until the lobster meat is an opaque white colour. Take the meat out of the shells, and let it cool down. When at room temperature toss in some of the vinaigrette.

Put fennel slices, fennel fronds and apple slices in a large salad bowl and toss with a few spoonfuls of the vinaigrette. Add the cucumber ribbons and orange segments to the tossed salad. Add the lobster tails to salad and season with salt and pepper.

### Apple and orange vinaigrette

To make the vinaigrette, place apple quarters, cider vinegar, orange juice, sugar and mustard in a small saucepan and cook until the apple is soft. Purée with olive oil and season to taste.

Serves 4

4 lobster tails  
100 g herbed butter  
1 fennel bulb, thinly sliced  
and fronds reserved  
1 Pink Lady apple, cored  
and thinly sliced  
1 Orange, peeled and segmented  
1 English cucumber,  
sliced into ribbons

2 Granny Smith apples,  
quartered and cored  
250 ml cider vinegar  
250 ml orange juice  
24 g brown sugar  
20 g Dijon mustard  
250 ml olive oil  
salt and pepper to taste



