



WÜSTHOF

From Chef Mike's Kitchen to Yours!

Ingredients:

Lobster Parfait

For the lobster tails:

1 cup white wine
4 whole lemons, juiced
 $\frac{2}{3}$ cup salt
Fresh parsley, to taste
Pickling spice, to taste
2 8oz. lobster tails

For the lobster mixture:

2 cups teardrop tomatoes, halved
2 cups artichokes, quartered
2 cups Clementine orange segments, pith removed

For the garnish:

12 cups mixed baby greens
Fresh cilantro sprigs – one for each glass you plan to fill

Cilantro-Avocado Dressing

2 ripe avocados, diced
1 cup mayonnaise
 $\frac{1}{2}$ cup sour cream
3 Tbsp. milk
 $\frac{1}{2}$ cup packed cilantro leaves, blanched and drained
 $1\frac{1}{2}$ Tbsp. orange juice
 $\frac{1}{2}$ lime, zested
1 to 2 limes, juiced (approx. 4-5 Tbsp.)
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. white pepper
 $\frac{1}{4}$ tsp. hot sauce

Instructions:

1. Bring 2 gallons of water to a boil. Add wine, lemon juice, salt, parsley, and pickling spice. Boil for 5 minutes, then add lobster tails.
2. Cook for approximately 7-8 minutes. Immerse lobster tails in ice water, and chill in the refrigerator.
3. Once the lobster tails are fully chilled, split and devein. Cut the lobster into small bite-size pieces, and toss with the tomatoes, artichokes, and Clementine orange segments. Set aside.
4. Mix all of the Cilantro-Avocado Dressing ingredients together in a medium bowl.
5. In a martini glass, add a few leaves of the baby greens and top with a small amount of the dressing. Add the lobster mixture, and top with more dressing and a sprig of cilantro for garnish. Repeat until the lobster mixture runs out.

Recommended Knife:
WÜSTHOF CLASSIC 8" Cook's Knife,
CLASSIC 3 1/2" Paring Knife



*Compliments of
Chef Mike*



Quality - Made in Solingen/Germany