

Baked Southern Rock Lobster, Australian Caper Company caperberries and Maggie Beer verjuice hollandaise and braised rice

Serves 4 as a shared main

Ingredients

(clarified butter, see instructions below)

1 cinnamon stick

2 bay leaves

2 star anise

10 black peppercorns, whole

1 cup jasmine rice

3 cups boiling water (or chicken stock)

1 x 2 kg **Southern Rock Lobster**

200 ml **Maggie Beer** verjuice

1 bay leaf

6 peppercorns

4 **Fryar's Kangaroo Island Free Range Egg** yolks

300 ml **B.-d. Farm Paris Creek** unsalted butter

Sea salt to taste

16 **Australian Caper Company** caperberries sliced in half

1 tbsp tarragon leaves, picked

1 tbsp chervil leaves, picked

Method

Hollandaise

Place the butter over a double boiler in a bowl over a low heat for about 30 mins, allow butter to melt and sediment to fall to bottom, tip out butter and reserve, discard sediments. Set butter aside.

Meanwhile reduce the verjuice with the bay leaf and pepper down to a really sticky syrup, about 50 ml. Strain.

Heat $\frac{2}{3}$ of butter to 80°C (the other third is for the rice). Put egg yolks and verjuice in a heat proof measuring cup and blend with a stab mixer. Pour the hot butter in very slowly. When thick and creamy season with salt, add a dash of hot water to stabilise. Set aside in warm place.

Rice

Heat 80 to 100 ml of clarified butter in a medium sized pot over a low flame saucepan (you will need one with a tight fitting lid). Add woody spices and bay leaf, sauté until aromatic. Add rice and “glass” (cook until transparent) in the clarified butter, stirring constantly, add ½ teaspoon sea salt.

Pour in the boiling stock or water, stir to release grains from bottom of pan, turn heat to VERY low and place a tight fitting lid on, cook for about 15 mins until grains are soft (no peeking or you will release the steam!), fluff with a fork.

Lobster

Place lobster in ice slurry or freezer until it is sleepy (on ice slurry for 20 mins, in the freezer maybe 40 mins).

Meanwhile get a BIG pot of boiling water on a rapid boil (a small pot is not going to cut it, it will lose temperature when lobster is blanched and that’s not nice to the lobster).

Remove lobster from ice, place on board and deftly stab the lobster between eyes and twist knife slightly (to increase hole size and allow hot water to hit its brain immediately for a humane death) plunge into boiling water immediately and refresh in the ice water.

Make a clean cut straight down the lobster between eyes to tail, scoop out “head poo” and “vein”. Make one slice to cut the tail meat in half (this will make it easier to serve as a shared meal).

Preheat an oven to 190°C.

Season the lobster well with sea salt and black pepper, knob a little extra butter or olive oil on the tail and wrap in foil and bake for 15 mins then remove.

Turn the oven to a grill, remove foil from lobster and ‘dob’ the hollandaise and caperberry down the tail meat, place under grill for 5 mins until hollandaise is bubbly and golden.

Stuff the braised rice in the head, sprinkle tarragon and chervil on lobster and serve on platters.