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split lobster menu solutions



Curried Lobster

Ingredients:

4	Clearwater Split Lobster, thawed as per instructions	1 Tbsp (9 g)	Honey
1/3 cup (80 g)	Coconut milk	2 Tbsp (2 g)	Green onions, sliced thinly
1/3 cup (80 g)	Vegetable oil	1/4 tsp (1 g)	Salt
1 tsp (3 g)	Ginger, minced	Pinch (0.25 g)	Black pepper
1 Tbsp (6 g)	Curry powder, yellow, Indian	1/4 cup (60 g)	Heavy cream, 35%
1/4 cup (60 g)	Chicken stock	1 tsp (1 g)	Cornstarch
		1 Tbsp (8 g)	Water

Method:

Preheat oven to 200°C (400°F). Remove Split Lobsters from packaging and place on an ovenproof tray, flesh side up. Rub the lobster meat with oil and season with salt and pepper. Turn oven to broil and place lobsters under broiler for 2 minutes, until lobster meat is partially cooked. Remove tray from oven and allow to cool slightly.

Meanwhile in a saucepan over medium high heat, simmer chicken stock, honey and ginger for about 2 minutes to soften ginger. Add coconut milk and cream and return to a simmer. Mix cornstarch and water and add to sauce pan. Add curry powder, salt and pepper. Ladle some of the sauce over each lobster and return to broiler for about two minutes to finish cooking. Ladle remaining sauce over lobster and sprinkle with green onions to serve.

Serve with basmati rice and vegetables.

Serves 4

MENU PROFITABILITY

	Calculate Cost
1 Nova Scotia Prime Split Lobster (Chix size)*	\$
All other ingredients	\$
Food Costs	\$
Suggested Menu Pricing	\$
PROFIT	\$
*Chix size 0.38 lb (175 g) / pc	
Average split weight, eviscerated	
Claw & knuckle meat in head cavity, legs attached	

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