

Butter Poached Maine Lobster



Thomas Keller, executive chef of world renowned restaurants, French Laundry & Per Se, developed a fantastic lobster preparation called "butter poaching." This is typically only done at very high-end restaurants with trained chefs to perform the delicate prep work necessary to blanch lobster and remove the meat from the shell - now you have your very own raw Maine Lobster meat, out of the shell! Try this recipe for the most delicate, tender lobster you've ever had!

You will need:

Sbucks' Raw Shucked Lobster meat

Butter, cut into 1 tablespoon pieces

Step 1: If frozen, thaw Lobster meat overnight in refrigerator. Allow meat to come to room temperature.

Step 2: Cut raw Lobster meat into chunks or leave whole.

Step 3: In a saucepan, heat 2 tablespoons of water until boiling and whisk in one of two chunks of butter, this is called Beurre Monte.

Step 4: Reduce heat to low and continue to whisk in butter, one chunk at a time until the Beurre Monte is 1-inch high.

Step 5: Use an instant-read thermometer to maintain the temperature of the Beurre Monte between 160F and 190F during cooking.

Step 6: Add lobster to Beurre Monte and cook 2-3 minutes. Note: cooking time may be longer if the temperature of the sauce drops as a result of adding more amounts of lobster.

Step 7: Remove your lobster from your Beurre Monte and enjoy! Your lobster is done when it is warm all the way through, it should be soft, not chewy.

Perfect as an appetizer on crackers or served over pasta or any dish.