



Serves 2



10 minutes



1 Mibrasa casserole dish
1 Mibrasa GN 1/2

INGREDIENTS

1 lobster
1 1/4 lb ripe tomatoes
1/2 onion
1/2 clove of garlic
1/2 tsp gelatin
4 threads of saffron
Extra virgin olive oil
Chives

METHOD

- Remove the stalk from the tomatoes and place them in a Mibrasa casserole dish and cook for 5 minutes or until roasted. Remove from the oven and carefully peel them into a blender glass. Add chopped garlic, chopped onions and 2 tbs of virgin olive oil. Blend together for a smooth texture. Pour into a chinois sieve with absorbent paper and leave in the fridge overnight to slowly filter through.
- Cut the lobster from the head down, half the body and cut into slices. Drizzle olive oil into a Mibrasa gastronorm, place in the lobster pieces and sear gently.
- Remove the reduced tomato stock from the fridge and place in a bowl. Add the gelatin and stir gently, followed by the saffron threads.
- Serve the consommé in a deep dish. Spoon out of the meat from the head and place in the consommé with the lobster pieces and sprinkle with chopped chives.

