

Fremantle, WA

Lobster Medallions with Lemon Butter

Ingredients:

- 4 lobster tails, in their shell
- 4-ounces white wine
- 2 tablespoons concentrated lemon juice
- 1/4 cup onion, minced
- 1/4 cup whole milk
- 1 stick butter, cut into pieces
- 1/4 teaspoon kosher salt
- 1 teaspoon dried parsley

Method:

To make Lemon sauce: in a frying pan over medium heat bring the wine, lemon juice, and onion to a boil. Once at the boil, reduce the temperature to low, and simmer until the mixture has reduced by half, stirring occasionally. This process will take about 20 minutes. Add the milk and continue simmering until reduced by half; about 3-4 minutes. Whisk in the butter, one piece at a time, until completely incorporated. Continue this process until all the butter has been added in; making sure you stir continuously. Season with the salt, and blend well.

Strain the mixture into a bowl. Discard the strained parts. Stir in the parsley, and let sit for 3-5 minutes.



out of the
BLUE

Episode No: 190
Episode Name: Fremantle

Grill the lobster tails and once cooked cut down the back of the shell, and carefully pull out the meat. Slice each tail into 1/3-inch medallions.

Place each sliced tail onto the serving plate, fanning out slightly. Drizzle the medallions with the sauce.