

Lobster Thermidor

Ingredients

- 2 whole lobsters (about 1.5 lbs each), cooked
- 2 tablespoons butter
- 1 small shallot, finely chopped
- 2 cloves garlic, minced
- 2 tablespoons all-purpose flour
- ½ cup dry white wine
- ½ cup heavy cream
- 1 tablespoon Dijon mustard
- 1 tablespoon brandy or cognac (optional)
- ½ cup grated Gruyère or Parmesan cheese
- 1 tablespoon fresh parsley, chopped
- Salt and black pepper, to taste
- Lemon wedges (for serving)



Instructions

1. Prepare the Lobster

- Split the cooked lobsters in half lengthwise. Remove the meat from the tails and claws, chop it into bite-sized pieces, and set aside. Keep the shells for stuffing.

2. Make the Sauce

- In a pan, melt butter over medium heat. Add shallots and garlic, cooking until soft and fragrant.
- Stir in flour to make a roux, cooking for 1 minute. Slowly whisk in white wine, then cream, and simmer until thickened.

3. Flavor the Mixture

- Stir in Dijon mustard, brandy (if using), half of the grated cheese, salt, and black pepper. Mix until smooth and creamy.

4. Add Lobster Meat

- Fold in the chopped lobster meat and parsley. Simmer for 1–2 minutes to coat the lobster in the sauce.

5. Stuff and Bake

- Spoon the lobster mixture back into the shells. Sprinkle with the remaining cheese.
- Place under a preheated broiler (or hot oven at 400°F / 200°C) for 5–7 minutes, until golden and bubbling.

6. Serve

- Remove from oven, let rest for 2 minutes, and serve hot with lemon wedges and crusty bread.



