

CHIMNEY SPINY LOBSTER, ROASTED PINEAPPLE, MINT



Serves 4

LOBSTER

2 1½- to 2-pound live lobster

¼ pound unsalted butter

2 tablespoons fleur de sel

2 paper chimney

Preheat the oven to 350 degrees F.

Bring a large pot of water to boil and plunge the lobster headfirst. Cook until the lobster is bright red, about 2 minutes. Using tongs remove the lobster and hold under cold running water until cool to touch. Pat dry with paper towels.

Using a knife tip pierce a hole into each lobster head, and add the chimney.

Place the butter (chopped into small pieces) and the fleur de sel in a sauté pan and place the two lobsters on top. Put the pan in the oven at 350 f.

Cook for 10 minutes, every two minutes add the melted butter from the pan into the chimney.

Remove from oven. Cut lobster tail using a large sharp knife, remove the shell, and cut each lobster tail lengthwise in 2 pieces. Return the lobster tails to the pans. Set aside.

CARAMELIZED PINEAPPLE

1 pineapple, cleaned and sliced 1 inch thick

3 tablespoons Hawaiian honey

2 tablespoons mints leaves, sliced

1/3 cup fresh orange juice

1 tablespoon chopped orange zest

fleur de sel

In a sauté pan on medium heat, add the honey, when the honey becomes a light golden color, add the sliced pineapple (4 pieces). Cook the pineapple for 3 minutes on each size, until a nice brown color. Add orange juice to pan and reduced by half.

Turn off the heat, seasoning all the slices of pineapples with, fleur de sel, orange zests, and the mint. Set aside.

SERVING

On each of 4 plates add one pineapple slice, top with a lobster tail ½ slice and drizzle with the salted butter from the lobster cooking pan and sauce from pineapple pan.

