

ISLAND LOBSTER

This recipe brings in various tropical flavors making it a truly exotic dish. Simple tips are revealed on how to perfectly prepare a lobster tail without overcooking it, a key ingredient for taking butter to the next level, adding a smooth island flavor to rice and more.

MAKES 1-2 SERVINGS

- 1 Spiny lobster
- 1 oz Minced garlic
- 1 oz Chives
- To taste Black pepper
- 1 cup Basmati rice
- 1/3 cup Coconut milk
- 1 cup Water
- To taste Salt
- 1 Chayote, julienne
- 1 Red bell pepper
- 1 Red onion
- 1/2 cup Mayonnaise
- 1 Lime
- 1 tbsp Butter

In a small bowl blend butter, chives, minced garlic, and black pepper with a rubber spatula. Blend thoroughly. Cover with plastic wrap and reserve. Butterfly the lobster tails straight down the middle of the softer underside of the shell. Cook flesh side down for 4 to 5 minutes until light grill marks show. Flip the lobster tails to shell side down.

COCONUT RICE

Rinse the rice several times and transfer it to a saucepan. Add the coconut milk, water, and salt and give everything a stir. Bring everything to a boil, uncovered. Reduce the heat to low, cover the saucepan and cook for 8 to 9 minutes, until the water has been absorbed by the rice, stir the rice until perfection.

CHAYOTE SLAW

Shred the chayote, julienne very thin the onion and red bell pepper, Combine all the ingredients together add the mayo, juice and zest of a lime, add salt and black pepper to taste. Place the grilled lobster tail over the coconut rice and garnish with the chayote slaw.

