

Lobster roulade with ginger granita

Cuisine: Other

Food category: Fish



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Company: Retigo



Program steps

1	Steaming	Termination by time	00:10	hh:mm	90	°C	50	%	
2	Steaming	Termination by time	00:05	hh:mm	65	°C	50	%	

Ingredients - number of portions - 8

Name	Value	Unit
lobsters	4	pcs
sprig of parsley	1	g
cloves garlic, finely chopped	4	pcs
lemon thyme	1	pcs
ginger root, peeled and finely chopped	1	pcs
water	1.5	l
caster sugar	500	g
lemon juice	1	pcs
gelatin	2	pcs

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	253.8 kJ
Carbohydrate	62.5 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

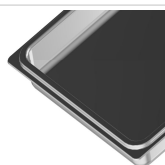
*live lobsters(600g each)

1. Cut off the lobster tails and reserve.
2. Cook the claw and knuckle meat.
3. Slice the tails lengthwise and pound to flatten.
4. Set the oven on steam at 90°C.
5. Cook the claw and knuckle meat for 10 to 12 minutes.
6. Lower the oven temperature to 65°C.
7. Combine the cooked claw and knuckle meat with the garlic and lemon thyme. That's your stuffing.
8. Use the stuffing to fill the tails and roll the tails so they hold their original form.
9. Vacuum pack the roulades and steam for an additional 5 minutes.

Preparation for the granita:

1. Purée the ginger in water and combine the sugar.
2. Soak the gelatin leaves.
3. Transfer the ginger purée in a pot and add the gelatin leaves, bringing the combination to a simmer. Remove from heat before the pot breaks into a boil.
4. Combine the lemon juice and blast chill, stirring from time to time.

Recommended accessories



GN container Stainless steel full