



CHECKMATE QUEEN TAKEN CHARDONNAY
&
VANILLA BUTTER POACHED LOBSTER
SWEET PEA, PRESERVED LEMON & TARRAGON RISOTTO

*Risotto, like wine growing and making, is a labour of love.
The quality of the experience is entirely dependent on how much care you put into the process.*

Yield 4 people

Lobster:

2 1 – 1 ¼ lobsters
454g unsalted butter – cross sliced into 6 even slices
1 vanilla pod – split lengthwise, scraped reserve both seeds and pod
Tt salt

Court Bullion:

1 onion – cut in 1/8ths
1 carrot – large, peeled, cut into 2” lengths
4 celery stalks – cut into 4” lengths
1 lemon – cut in half
4 sprigs of parsley
2 bay leaf
15ml peppercorns
30ml champagne vinegar
4L water

Risotto:

50ml extra virgin olive oil
1 onion – finely diced
2 leeks – finely diced and washed
250ml arborio rice
125ml chardonnay – Queen Taken is preferred, alternatively Rd 13 Chardonnay
2 L lobster or chicken stock *use the shells of the lobster to make stock
100ml parmesan cheese – freshly grated
3tbls unsalted butter
30ml Italian parsley – finely chopped
30ml tarragon – finely chopped
250ml sweet peas
15ml preserved lemon rind – rinsed and finely diced
1 lemon – zest and juice

Method

Lobster:

*note: there are various schools of thought on the processing of a lobster. Should you wish, you can split the head before placing into the water. If you wish, large prawns can be substituted for lobster, skip the blanching and proceed to the poaching step.

Court Bouillon

- In a large pot, combine the vegetables, herbs, lemon, spices and vinegar with the water. Cover and bring to a boil.
- Once the CB comes to a boil, place the lobster in the pot and cook for 3 minutes. Remove from the water and shock in ice water.
- Remove the arms and claws from the body and place back into the CB for another 3 minutes, then shock in ice water. Arrest the cooking but do not let get too cold. This aids in an easier removal of the meat from the shell.
- Proceed with removing the lobster meat from the shell. Reserve the shell for making stock. Make sure to get the meat out of the arms and legs as well. Set this aside.

Lobster Poaching

- In a small saucepot, place the butter ensuring it covers the entire base of the pot, then the vanilla pod, add a small pinch of salt.
- Lay the lobster tail and claws on top of the butter and vanilla. Reserve.
- Begin the risotto cooking at this time.
- As the risotto nears completion, slowly bring the butter and lobster to a low simmer then immediately turn off the heat and let stand. The intention is to be very gentle with the lobster. Do not rush this portion as you will over cook the lobster.

Risotto:

- Heat stock in a pot and season it with a touch of sea salt. Keep hot.
- In a large pot with a wide base, over medium heat add the olive oil.
- Once hot but not smoking, add the onions and leeks, cooking until the onions are soft. Do not let brown.
- Add the rice and sauté for about 1 minute coating the grains in the olive oil, again do not brown.
- Add the chardonnay and cook until the wine has reduced, you will need to stir.
- Start ladling in the hot stock – add enough to cover the rice – gently stirring to prevent sticking but being careful to not damage the rice.
- Once the stock has been absorbed add a bit more, continuing to stir.
- Keep adding the stock in this manner.
- Continue to cook the rice ensuring that it remains just slightly al dente. Add the parmesan, butter, vanilla seeds and herbs. Adjust the consistency with stock if needed.
- Fold in the peas, lemon (preserved and zest) and any lobster meat from the arms and legs, remove from the heat let stand for 1 minute. Taste, adjust for salt and acid using the lemon juice.
- Place on a plate or in a bowl and arrange one claw and half of a tail (split lengthwise) on top of the risotto.
- Serve at once garnished with additional shaved parmesan and a drizzle of fresh olive oil. Pea tendrils can be a nice touch as can small basil leaves should you wish.