



45°N
63°W

NOVA SCOTIA LOBSTER WITH BRAISED LEEKS

INGREDIENTS:

LOBSTER

One live Nova Scotia lobster (1.5lb or your preferred size)

BRAISED LEEKS

- 2 leeks, cleaned & cut in half
- 5 sprigs of thyme
- 1 garlic clove, thinly sliced
- 1 tbsp butter
- 1 tbsp extra virgin olive oil
- 1 cup vegetable stock
- Salt & pepper

INSTRUCTIONS:

LOBSTER

Cook lobster in a pot of boiling salted water for approximately 12 minutes (for a 1.5lb lobster) remembering to first remove the bands.

BRAISED LEEKS

Melt the butter with the oil over medium heat. Add the garlic and thyme. Season with salt & pepper. Add the leeks and stock. Cover and cook 5-10 minutes until soft.

TO SERVE:

Heat 1-2 tbsp butter in pan. Gently remove lobster meat from the claw and tail, slicing tail meat in half and removing any sinew. Place lobster meat (and roe if present) in pan with butter. Gently heat and season with salt. Plate first with braised leeks and top with lobster. Drizzle with remaining butter from pan.



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