



SPICY BLACK BEAN NOVA SCOTIA LOBSTER

INGREDIENTS:

- 1 Nova Scotia live lobster (1.5lb or your preferred size)
- 2 cm thick piece fresh ginger
- 1 bunch green onion
- 2 tbsp fermented black beans
- 1 tbsp oyster sauce
- 1 tbsp chili bean paste
- 1 tbsp cornstarch, mixed with even parts water
- 2 tbsp Canola oil

INSTRUCTIONS:

Cut ginger into thin slices and green onion into 1" inch pieces, reserving half for the stir-fry. Bring large pot with 2 cups of water to boil. Add half of the ginger and green onion. Add lobster to pot, allow to cook for 2 minutes to loosen the meat from the shell. Remove lobster from pot and turn off heat. Separate lobster into pieces, crack claws and knuckles saving all lobster juices, split tail and remove lobster digestive tract. In a wok, heat oil and add remaining ginger slices. Fry for 1 minute, until charred and fragrant.

Add chopped lobster and fermented black beans to wok and stir-fry for 2 minutes. In separate bowl, combine cornstarch and water mixture, oyster sauce, and chili bean paste, and thin out with approximately 400ml lobster stock from the lobster pot and lobster juices from step 5). Add cornstarch mixture to wok while stirring, and bring to a boil to thicken. Adjust thickness of sauce using lobster broth from pot. After 1 more minute, add long-cut green onions, remove from heat and serve.