



POACHED MAINE LOBSTER WITH SHAVED  
FENNEL AND ORANGE SALAD,  
CITRUS VINAIGRETTE AND BASIL OIL  
Enjoy with Hess Collection Mount Veeder Chardonnay

Ingredients - Basil Oil  
2 bunches of Fresh Basil  
½ cup Grapeseed oil

Ingredients - Poached Maine Lobster

2 Tbsp. Pickling Spices  
½ Gal. Water  
1 ea. Lobster, 1 ½ Lb.

1 ea. Lemon, juiced  
To taste Salt and Pepper

Ingredients - Vinaigrette

1 cup Orange Juice, reduced to 1/3 cup  
1 Tbsp. Seasoned Rice Wine Vinegar  
To taste Salt and Pepper

2/3 cup Extra Virgin Olive Oil  
1 Tbsp. Shallot, fine diced

Ingredients to Assemble

1 head Fennel, shaved paper thin  
2 cups Micro Greens

2 ea. Oranges, segmented

Method

1. For the basil oil: Bring a small pot of water to a boil. Blanch the basil for 30 seconds, shock in an ice bath. Drain well. Puree the basil with the grapeseed oil until smooth. Let sit overnight, then strain through a coffee filter.
2. For the lobster: Place the water, pickling spices, lemon, salt and pepper into a pot large enough to hold the lobster. Bring to a boil. Reduce to a simmer and cook for 10 minutes. Add the lobster and cook for 8 minutes in barely simmering liquid. Drain well and cool. Once cool, remove the meat from the shell and cut into a large dice.
3. For the vinaigrette: Place the shallots in a small bowl. Sprinkle with salt and pour in the rice wine vinegar. Let macerate for 10 minutes. Add in the reduced orange juice, then slowly whisk in the olive oil to emulsify. Adjust the seasoning with salt and pepper.
4. To Assemble: Place the fennel and orange segments in a medium size bowl. Add enough vinaigrette to season well. Add in the lobster and gently mix. Adjust the seasoning with salt, pepper, and more vinaigrette if necessary. Let sit for 10 minutes for the flavors to meld.
5. Place ¼ of the salad in the center of a chilled plate. Drizzle 1 Tbsp. of the vinaigrette around the salad, then drizzle 1 Tbsp. of the basil oil around the vinaigrette. Toss the micro greens with a little vinaigrette and place on top of the salad. Yield: 4 Servings

Recipe Created By Hess Executive Chef Chad Hendrickson