

LOBSTER BAKED IN PERNOD-ANCHOVY BLEND



(Serves – 2) (Prep. – 30 mins. + Cooking – 50 mins. = 1:20 hr./mins.)

Ingredients:

2 – lobsters (about 1 ½ lb. each)	1 – anchovy fillet	2 – teasp. fresh lemon juice
6 – tbsp. unsalted butter, softened	1/2 – bunch of flat leaf parsley	1 – lemon, halved
4 – tbsp. shallots, chopped fine	1 – tbsp. Pernod liqueur	Table salt
1 ½ – garlic cloves	2 – tbsp. cognac	Freshly ground pepper, to taste
	2 – tbsp. extra virgin olive oil	Kosher salt, to taste
		Cayenne pepper, to taste

Special Equipment: 8 quart pot, 12" X 17" X 1" (high) jelly roll pan, 1 and 2 cup bowls, a small pot, and kitchen shears.

1. Bring butter to room temperature. Fill about a quarter of the large pot with water and 1 tbsp. of table salt, cover, and bring to boil over high heat. Meanwhile, finely chop the garlic and anchovy. Remove the leaves from the parsley and finely chop. To make *Pernod-Anchovy Blend*, add into the larger bowl the butter, shallots, garlic, anchovy, Pernod, olive oil, lemon juice, and parsley along with the pepper, kosher salt, and cayenne pepper, to taste. Mix all and set aside.

2. Set an oven grate in the middle of the oven and preheat to 450 degrees. Once the water boils, remove any rubber bands from lobster claws (cutting all the bands at one time). Plunge lobsters head first into the water, cover, and cook for 3 mins. from the time they enter the water. Drain the lobsters and let cool for about 2 mins.

3. Working over the sink (since much of the water remains), cut each lobster in half lengthwise with kitchen shears, beginning from the tail and going to the head. Tilt the shells to drain all of the water and place lobsters onto a cutting board. Cut off the antennae and remove the rectum near the tail's end.

Discard the intestinal tract in the center and the white head sack, but not the light green tomalley in the head area. Using a small spoon, scoop out the green tomalley and place in the bowl with the *Pernod-Anchovy Blend*. Keep the lobster meat in the shells.

4. (18 mins.) Place a cloth or paper towels over the claws (to contain the juices) and, using the back of a chef's knife, fully crack the claws separating the shell on both sides without removing the shell. Put the lobsters, open cut side up, on the jelly roll pan. Sprinkle the cognac, evenly divided, in each of the open shells (not on claws). Season with ground pepper, to taste. Remove 2 tbsp. of *Pernod-Anchovy Blend*, set aside in the small bowl, and use the rest to fill the shells equally, including the open cavity near the head area. Bake the lobsters for 10 mins., basting a couple of times with the sauce from the bottom of the jelly roll pan.

5. (6 mins.) Remove the lobsters from the oven, place on serving plates, and pour off the cooking juices from the pan into the small pot. Add the remaining 2 tbsp. of the reserved *Pernod-Anchovy Blend* and heat and stir until the mixture is hot. Pour the sauce from the pot over the lobsters and squeeze on the lemon juice from the halved lemon. Serve.

ENJOY!