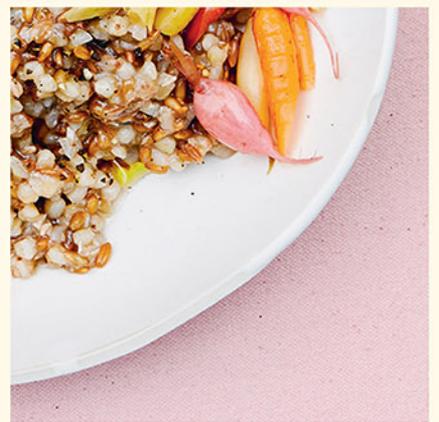
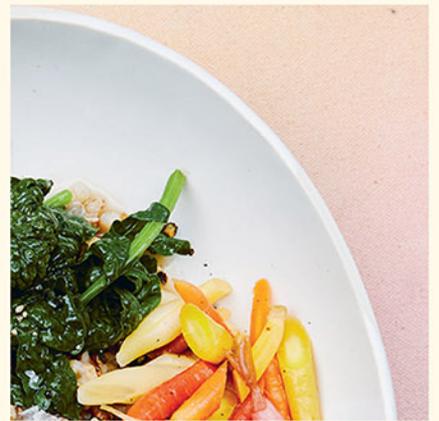




EAT CALIFORNIA

Vibrant recipes from the West Coast

VIVIAN LUI





GRILLED AVOCADO & LOBSTER SALAD

Japanese flavours and ingredients are so subtle and clean, they are well suited for this lobster salad. And since it's California, why not grill an avocado for a hit of smokiness to balance out the sweet lobster?

60 g (2½ oz) unsalted butter

1 tablespoon togarashi
(Japanese 7-spice)

Handful of shiso sprigs or
6 large leaves, chopped

1 bunch of chives, chopped

Sea salt flakes

2 small whole lobsters, split
through the centre, head
matter removed (if liked –
see note)

2 small avocados, halved
and stoned

Grated zest and juice of
1 lemon

1 short cucumber, finely sliced

1 tablespoon toasted sesame
seeds

Thin rice cakes or crunchy
potato chips to serve

serves 6–8 **prep** 15 mins **cook** 10 mins

Place the butter, togarashi, half the shiso and half the chives in a small saucepan over low heat to melt. Stir to combine the flavours and season. Remove from the heat.

Preheat the griller (broiler) to high. Lightly brush the cut sides of the lobster with the butter mixture and grill for 3 minutes, cut side down, with the claws positioned in the hotter areas. Flip and brush again with more of the butter. Grill for another 3 minutes, or until the meat is just cooked through. Transfer to a board and cool slightly.

Brush the cut side of the avocados lightly with the butter mixture and season. Grill for 1–2 minutes on each side until charred in spots. Remove from the heat and cool slightly. Mash half the avocado and place in a large bowl. Add the lemon juice, 1 teaspoon salt and stir to combine. Chop the remaining avocado and add to the bowl. Set aside.

Crack the lobster claws when cool enough to handle. Remove the claw and tail meat and chop into bite-sized pieces. Transfer to the bowl with the avocado. Add half the remaining herbs, the lemon zest, cucumber and half the sesame seeds and gently mix to combine. Top with the remaining herbs, seeds and season with salt. Serve with rice cakes or potato chips.

Notes: The tomalley (head matter) is really sweet and creamy when cooked. It may not be for everyone but the rich flavour is worth a try. If using, start the lobster on the grill, cut side up, so that the tomalley cooks. Scoop out before flipping and reserve to stir into the salad.