

Chef from the Hood Recipes



Chef:

Carlo Cavallo Executive Chef & Proprietor

Restaurant:

Sonoma-Meritage

Recipe: Maine Lobster Salad with Micro Greens & Muscat Dressing!

2 whole Maine lobsters, 1 & 1/2 pounds each, cooked. Remove claws and tails from shells, slice tails in half vertically. (each salad will be topped with 1/2 of tail and 1 claw)
1 English cucumber, sliced thin on the bias
1 bunch of chives, thinly sliced
1/4 cup Muscat wine vinegar
1/2 cup of extra virgin olive oil
salt & pepper
2 grapefruit, peeled and segmented
2 baskets heirloom toybox tomatoes* (halved lengthwise)
2 ripe avocados, peeled and cut into cubes
1 bunch of scallions, thinly sliced on a bias
4 ounces of micro greens (may substitute spring mix)

Arrange cucumber on 4 individual plates, overlapping slices in a semi circle shape. Place chives in a mixing bowl, add Muscat vinegar and slowly whisk in the extra virgin olive oil to create an emulsified dressing. Add salt & pepper to taste. Pour 1/3 of this dressing over the lobster meat, and set aside. In another bowl, place the grapefruit, tomatoes, avocado and scallions. Toss with 1/3 of the dressing. Final assembly: Place 1/4 of the tomato mixture in a cylinder mold. (If you don't have one, make one by removing the top and bottom of a clean, shallow can.) Press tomato mixture down firmly and unmold onto a plate with cucumbers. Repeat for other plates. Top each salad with half a lobster tail and a claw, garnish with micro greens and drizzle with remaining dressing. Bellissimo!