

FRISÉE, ASPARAGUS AND LOBSTER SALAD WITH TARRAGON MINT DRESSING

JEFF TENNER

CORPORATE CHEF, DIRECTOR CULINARY R&D

LEGAL SEA FOODS, BOSTON BASED RESTAURANT

GROUP, 32 LOCATIONS

SALAD COURSE



INGREDIENTS

2 heads frisee, rough chopped

1 head red leaf lettuce, 1" dice

1 bunch blanched asparagus, cut into 1¹/₃" pieces on the bias

1 cup diced roasted red pepper (1/4 inch dice)**

1 cup diced roasted yellow peppers (1/4 inch dice)**

½ pint grape tomatoes

1 cup **tarragon mint dressing** (recipe below)

12 ounces fresh lobster meat

****Note:** to roast peppers, place over an open flame on the range or grill and char well until surface is blackened. place in a zip lock bag and allow to sit for 15 minutes. remove from bag and clean peppers by peeling away charred skin and removing seeds.

FOR THE DRESSING: (CAN BE MADE SEVERAL DAYS IN ADVANCE)

INGREDIENTS:

1 cup champagne vinegar

2 tbs minced shallots

1 tbs dijon mustard

1 tbs granulated sugar

1 cup fresh tarragon leaves

1 cup fresh mint leaves, chopped

2 cups olive oil

1 tbs salt

½ tbs cracked black pepper

PROCEDURE:

1. In a blender combine the vinegar, shallots, mustard and sugar, puree until smooth
2. Add the tarragon and mint to the blender and puree until smooth
3. Drizzle in the oil with the blender running until combined
4. Season with salt and pepper.

TO BUILD THE SALAD

1. Place frisee, red leaf, asparagus, roasted peppers, and tomatoes in a clean bowl.
2. Add 1 cup of **tarragon mint dressing** and toss well.
3. Pile salad high on a cold dinner round.
4. Place lobster meat in the same bowl add 2 tbs of dressing and mix well.
5. Place the *dressed* lobster meat around the outer edges of the salad and on top.

SERVES 4