



ENTRÉE



2-3

SERVINGS



40 MIN

BUTTER-POACHED LOBSTER LIGURIAN RISOTTO

INGREDIENTS

- 5 cups low-sodium vegetable broth (kept warm)
- 1 tablespoon unsalted butter
- 2 tablespoons olive oil
- ½ cup finely chopped onion
- 1 garlic clove, minced
- 1½ cups Arborio rice
- ½ cup dry white wine (save the Grenache Blanc for sipping)
- ½ cup grated Pecorino Romano
- Freshly ground white pepper
- ¼ cup toasted pine nuts
- ½ cup fresh basil leaves, torn or chiffonade

LOBSTER

- 2 lobster tails (or 1 whole lobster, cooked and shelled)
- 1 cup unsalted butter (2 sticks)
- 2 tablespoons water (to stabilize butter)
- 1 small garlic clove, smashed
- 1 strip lemon zest
- Pinch of sea salt

FINISHING TOUCHES

- Lemon juice or Meyer lemon zest
- A drizzle of herb oil or basil pesto
- Microgreens for plating

NOTES

DIRECTIONS

Prep the lobster

1. Remove lobster meat from shells and pat dry.
2. In a small saucepan over low heat, melt butter with 2 tablespoons water. Keep heat gentle — do not let it boil.
3. Add garlic and lemon zest.
4. Slide lobster into the warm butter and poach for 6-8 minutes, until tender and opaque.
5. Remove lobster and keep warm. Reserve butter for finishing.

Start risotto base

1. Warm broth in a saucepan and keep it at a low simmer.
2. In a wide pan, melt butter with olive oil over low heat.
3. Add onion and garlic, sauté until soft and translucent (about 5 minutes).
4. Stir in Arborio rice until coated and slightly glossy.

Deglaze

1. Raise heat to medium.
2. Pour in white wine and stir until absorbed.

Build the Risotto

1. Add broth one ladle at a time, stirring constantly.
2. Let each addition absorb before adding more.
3. Continue for 18–20 minutes, until rice is creamy but still al dente.
4. After most of the liquid has absorbed, remove risotto from heat.
5. Stir in Pecorino and season with white pepper.
6. Fold in toasted pine nuts and basil leaves.

Add the Lobster + Serve

1. Slice lobster into medallions.
2. Gently fold half into the risotto.
3. Top each serving with the remaining lobster pieces.

NOTES