



Baked Stuffed Lobster with Thermidor Sauce

NIBBLEDISH CONTRIBUTOR

Ingredients

2 (1 1/2-pound) live Maine lobsters

Crab cake Mixture*** See Below

2 tablespoons butter

½ Lb Bat Scallops

½ Lb Peeled & Deveined Shrimp (15-20 ct)

1 shallot, sliced

3 cloves garlic, sliced

2 ounces brandy

6 ounces heavy cream

1 tablespoon Dijon mustard

1 ounce grated Parmesan

1 sprig fresh Parsley

Kosher salt

Freshly ground black pepper

For Crab Cake Mix

½ Lb of Fresh Crab Meat

¼ Cup Diced Red Bell Pepper

¼ Cup of Chopped Green Onion (3 Large or 4 Small)

***The amounts of Peppers and Onions are based on personal taste you can reduce the peppers and onions to 2 Tablespoons each if you desire.

1 Egg

1 teaspoon Old Bay (or Emeril's Essence)

1 teaspoon Worcestershire

1 teaspoon Tabasco (or Louisiana Hot Sauce)

Instructions

To make the crab cake mixture, Remove as much moisture from the crab meat as possible. Mix all of the ingredients for the crab stuffing together in a large bowl and mix well. Form the crabcake mixture into the desired portions.

Preheat Oven to 350°

In a pot of boiling salted water, cook the lobsters for about 5 minutes and cool to room temperature until ready to serve.

Split the Lobsters in half, clean out the chest cavity. Pat Dry and lay out on baking pan. Stuff the crab cake mixture in the lobster shells and Bake about 6 to 8 minutes.

In a large skillet over medium heat add the butter, scallops and shrimp; cook until meat turns white, about 2 minutes. Add the shallots and garlic and cook for 1 minute while shaking the pan to prevent burning. Remove the pan from the heat and add the brandy (the alcohol will ignite, so be careful) and return the pan to medium heat. Add the heavy cream and Dijon mustard and cook until reduced by half. Add the Parmesan and fold it in to melt. Add the parsley and season with salt and pepper.

Remove the Lobsters from the oven and top with the cream sauce and serve.
