



# Tea Smoked Lobster Salad with Gold and Red Beets

NIBBLEDISH CONTRIBUTOR

## Ingredients

### **For the beets;**

2 medium sized gold beets

2 medium sized red beets

1/4 cup plus 2 tablespoons of olive oil

1/4 cup fresh lemon juice

salt and pepper

### **To smoke the lobsters:**

2 lobsters

1 cup brown sugar

2 tablespoons of black loose tea (I used Jasmine)

### **For Tarragon Buerre Blanc:**

2 tablespoon of minced shallot

1/4 cup white wine

1/4 cup white wine vinegar

1/2 cup butter cut into small pieces

---

---

1/4 teaspoon cayenne pepper

salt to taste

2 tablespoons of minced fresh Tarragon

## Instructions

### **For the beets:**

Wash the beets and trim the roots and stem, drizzle with 2 tablespoons of olive oil.

Roast the beets in a preheated 350 degree oven until they are easily pierced with a knife, about 1 1/2 hours.

When the beets are cool enough to handle simply slip the skins off or pare with a knife.

Slice the beets and sprinkle with salt and pepper and drizzle them with the lemon juice and remaining olive oil. Best if made one day ahead to let the flavors develop.

### **To smoke the lobsters:**

Perform the "coup de grace" by severing the lobster's head between the eyes. Steam the lobsters for 8 minutes, and crack the shells slightly to allow the smoke to more easily penetrate the lobster flesh. I use a small electric smoker. In a disposable aluminum pan, spread the brown sugar and top with the tea leaves. Turn on the smoker and place the lobsters on a rack over the tea and sugar. The brown sugar dissolves and burns the tea leaves and creates a delicious smoke. When the smoke is evident, turn off the smoker and let the lobster sit in the smokey environment for 10 minutes-no longer, because you don't want the smoke to overwhelm the delicate lobster. Pick the lobster meat and cut into bite sized chunks-can be made a day ahead and chilled until needed.

### **For Tarragon Buerre Blanc:**

Combine the shallot, wine, and vinegar in a saute pan and boil until it is reduced to a syrupy glaze. Turn off the heat and add the butter bit by bit-shaking the pan vigorously to incorporate and mix-resist the temptation to stir the sauce as you get more volume by shaking the pan. Season the sauce with salt, pepper, and tarragon. This sauce does not hold well and should be made close to serving time.

---

**To assemble the salad:**

Gently reheat the lobster and beets in a preheated 325 degree oven-do not let them get to hot. Arrange the beets on a serving platter, top with the lobster, and drizzle with the Tarragon Buerre Blanc.