

Lobster Cobbler

Summer Vegetables, Coconut Curry Sauce, Savory Lime Crumb Topping

(Serves 6)

Topping:

1 Lime
1 cup Flour
1 tsp Baking Powder
1 tsp Salt
3 oz Coconut Milk

Filling:

2 Maine Lobsters, 1¼
to 1½ lbs each (or substitute
1 lb cooked lobster meat)
2 Tbs Olive Oil
¼ cup Red Bell Pepper, diced
¼ cup Green Bell Pepper, diced
1 tsp Jalapeño, seeded and
finely diced
1 Tbs Fresh Garlic, minced
1 pint Heavy Cream

1 cup Coconut Milk
2 Tbs Fresh Ginger, peeled
and grated
1 Tbs Lime Juice, fresh
3 Tbs Yellow Curry Powder
3 Tbs Cornstarch
2 Tbs Water
1 cup Sweet Peas, blanched*
1 tsp Salt

*See the method on page 131.

“Chef Rob McCarthy (Soby’s Chef from 2001-2006) describes this dish as ‘a classic home-style cobbler with a twist—savory instead of sweet, with lobster and curry instead of fruit.’ We describe it as New South Cuisine at its finest. Feel free to substitute crab or even chicken, pork, or tofu for the lobster. Whatever you use, it will be a huge hit.”

For the Topping: Zest the lime into the bowl of a food processor. Juice the lime, and reserve the juice for the filling. Add the remaining ingredients to the food processor and pulse until the mixture becomes crumbly. If the mixture is too moist, add a little more flour until it is crumbly.

For the Filling: Bring a large pot of salted water to a full boil. Place the lobsters in the rapidly boiling water for about 7 minutes. Meanwhile, prepare a container of ice water. Remove the lobsters from the hot water and plunge them into the ice water. Remove the meat from the tails, claws and knuckles. Roughly chop the meat and set aside.
Heat the olive oil in a saucepan and sauté the bell peppers and jalapeño until soft. Add the garlic and cook

2 more minutes (do not brown). Pour in the heavy cream and coconut milk and bring to a simmer. Add the fresh ginger, lime juice, and curry powder. In a small cup, mix together the cornstarch and water to form a slurry. Stir in the slurry and bring the liquid back to a simmer. Add the reserved lobster meat and the peas.

Finish the Dish: Spoon the filling into six 6-ounce ramekins and cover with the lime crumb topping. Bake the cobblers at 350°F for 15 minutes or until the tops are golden brown. Serve immediately.

Pairing Suggestion: Gewürztraminer (New or Old World). The spiciness of the curry is cut and complemented by the Gewürztraminer’s fruit and sweetness. Don’t specifically seek out a sweet wine. Most Gewürztraminer is produced with just a tiny bit of residual sugar (slightly off-dry).

Chef’s Notebook

For the peas, use fresh peas from your garden and cook them the day they are picked. If you don’t know when the peas were picked or if they were picked more than a day or two ago, it may be better to use frozen peas. Peas are sweetest when they are harvested, because immediately after they are picked their sugar starts turning into starch. Keep in mind if you use frozen peas, they have already been blanched.

