

Nova Scotia Lobster Poutine

Fid Resto

Chef Dennis Johnson

Ingredients:

2 oz (60 g) Fresh Nova Scotia Lobster tail (cut into bite size pieces)

½ oz (16 g) Fox Hill Cheese Curds

1 oz (25 g) Socca Fries

2 tbsp (30 ml) Mounted butter (beurre montée)

Make the socca fries and the beurre montée.

Turn your broiler on.

Heat the lobster in the beurre montée. Place some of the curds in the bottom of a small bowl.

Place the “fries” on top of the curds. Spoon the lobster over the fries and place the rest of the curds on top of the lobster. Spoon the 2 tablespoons of beurre montée over the lobster and heat under the broiler until the curds on top have melted a bit. Garnish with something beautiful and serve. Bon appétit !

Socca Fries

4 oz (125 g) Chickpea flour

2 cups (500 ml) Water

Salt to taste

Take water and heat it in a pot. Thicken the water with the sifted chickpea flour.

Season when it has become quite thick. Pour the mixture into a container and let cool.

Cut the cooled socca into French fry shapes. Deep fry the “fries” in canola oil until they are crisp on the outside and molten on the inside.

Beurre Montée

1/3 cup (75 ml) Water

10 oz (300 g) Unsalted butter

Salt to taste

Heat the water and the salt in a pot. Gradually incorporate the butter whisking as you add.

Once you have an emulsion you are ready to go. Do not overheat as this will break the emulsion.