

Manzanilla Braised Lobster



Yield: 4 serves | Rating: 4/5 | Source: #ParlezPantry

Lobsters are a family (Nephropidae, synonym Homaridae) of large marine crustaceans.

Lobsters have long bodies with muscular tails, and live in crevices or burrows on the sea floor. Three of their five pairs of legs have claws, including the first pair, which are usually much larger than the others. Highly prized as seafood, lobsters are economically important, and are often one of the most profitable commodities in the coastal areas they populate.

Commercially important species include two species of *Homarus* (which look more like the stereotypical lobster) from the northern Atlantic Ocean, and scampi (which look more like a shrimp, or a "mini lobster") — the Northern Hemisphere genus *Nephrops* and the Southern Hemisphere genus *Metanephrops*.

Ingredients

- 1 lobster (live, circa 650g)
- 2 onions (sliced)
- 3 garlic cloves (chopped)
- ½ cup sherry (manzanilla)
- 2 tbsp oil (olive)
- 1 tbsp parsley (flat leaf, chopped)
- 1 bay leaf
- Salt (rock)
- Pepper (black)



Instructions

1. Place the lobster on a solid chopping board. Insert the point of a large, sharp, heavy knife into the cross on the back of the head and cut down towards the tail, cutting it in half, this may take some downward pressure.
2. Remove the stomach and the black intestinal tract (if still intact as nobody wants to eat what a lobster has decided is waste) that may run through the middle of the tail and discard. Cut the lobster into chunks.
3. Heat the olive oil in a heavy skillet over a gentle heat. Cook the lobster chunks for 6 to 7 minutes, then remove and set aside. Add the thinly sliced onions and garlic to the pan, then cover and cook slowly over a low heat for about 35 minutes. The idea here is to very slowly cook the onions, to almost caramelize but not brown them.
4. Return the lobster chunks to the pan and add the bay leaf, then cover and cook gently for 2 to 3 minutes. Add the sherry and simmer for a further 6 minutes. Check and adjust, if necessary, the seasoning. Pour into a pre-warmed casserole dish, sprinkle with the parsley and place at the heart of the table for everyone to help themselves.