

Shell Pea Shooter with Lobster and Citrus Salad (Serves 6)

Shell pea soup

1 tbsp good quality olive oil
1 small onion, finely chopped
1 clove garlic, minced
150 grams shell peas
1 ½ cups white chicken stock
1 tbsp fresh tarragon, picked
2 tbsp crème fraiche
1 tsp lemon juice
Salt and white pepper



In a small sauce pan, sweat onions and garlic in the olive oil over medium heat until translucent. Add chicken stock and bring to a simmer. Add peas and bring back to a simmer. Transfer to a blender and blend on high speed with the tarragon, and slowly add the crème fraiche. Strain through a fine sieve. Season with the lemon juice, salt and white pepper. Chill immediately.

Yogurt foam (optional)

250 ml plain yogurt
1 tsp lemon juice
½ tsp xanthan gum
Salt to taste

Combine all ingredients using a hand blender. Adjust seasoning and pour into 500ml ISI siphon. Refrigerate until ready to serve.

Lobster and citrus salad

1 1.25# fresh lobster, cooked and chopped
2 oranges, segmented and cut into thirds
1 pink grapefruit, segmented and cut into thirds
¼ cup crème fraiche vinaigrette (recipe follows)
1 tbsp fresh tarragon, picked

Combine all ingredients and toss. Adjust seasoning.

Crème fraiche vinaigrette

1 tbsp Dijon mustard
1 tbsp honey
1 shallot, minced
2/3 cup white wine vinegar
2 cups olive oil
1 tsp lemon juice
1 ¼ cup crème fraiche
Salt and white pepper

Combine Dijon, honey, shallot and white wine vinegar in a blender. With the blender running, slowly add the oil to create an emulsion. Finish with crème fraiche and adjust seasoning with lemon, salt and pepper.

To plate:

Fill shooter glasses ¾ of the way with the pea soup. Top with a shot of yogurt foam. On a rectangle plate next to the shooter, spoon a healthy amount of the lobster and citrus salad (you can use a ring to shape the salad). Top salad with lightly dressed pea tendrils, if available.