



Chilled Lobster with Mango and Mint

Source: Williams-Sonoma Website

Serving Size: 2

Prep Time: ~ 60 min

Cooking Time: ~ 10



NOTE:

You can cook the lobster and remove the meat up to a day in advance.

Place the meat in an airtight container and refrigerate. The lobster-mango molds can be prepared **30 minutes in advance**; refrigerate until ready to serve.

Instructions

- Chill Salad Plates
- Bring a large pot three-fourths full of salted water to a boil over high heat.
- Add the lobster, headfirst. Cover and cook until the lobster is red, **about 7 minutes**.
- Fill a large bowl ice water
- Transfer the lobster the bowl of ice water and let cool completely.
- Remove the meat from the claws, knuckles and tail, and discard the shells. Try to remove the claws in one piece for a nice presentation.
- Cut the tail meat in half lengthwise, then cut each piece crosswise on the diagonal into slices about 1/4 inch thick.
- Peel and seed the mango. Slice the mango into strips about 1/4 inch thick but no more than 2 inches long.
- In a bowl, combine the sliced lobster tail and knuckle meat, *all but a pinch of the mango*, the olive oil, lemon juice, green onion, half of the mint, salt and pepper. Toss gently until just combined.
- Fill 2, lightly oiled 4-oz. ramekin, OR a 4-oz round, Ziplock container Cover and **refrigerate for ~15 min**.
- Toll the claw and the remaining mango in the mixture, place in a container and refrigerate.

To Serve

- ~ 10 min prior to serving, invert the filled ramekin/container onto a chilled salad plate.
- Top each salad with meat from a lobster claw and mango
- Garnish with mint

Ingredient List

- 1 live lobster, 1 to 1-1/2 lbs.
- 1 ripe mango*
- 2 Tbs. extra-virgin olive oil
- 2 tsp. fresh lemon juice
- 2 tsp. minced green onion
- 1 Tbs. finely slivered mint leaves*
- Salt and freshly ground pepper, to taste

Mangos*

- U.S. Season: May through August.
- Selecting Fruit: Mango can be bought green and ripened (when it is yellow/orange, only slightly firm, yielding to gentle pressure) at room temperature.
- It is best to select mangos which are starting to show signs of ripening, rather than totally hard and green, or totally ripe.
- [How to cut a mango](http://www.wildoats.com/u/departmen t173/) (http://www.wildoats.com/u/departmen t173/)

To store fresh mint leaves*

- Carefully wrap them in a damp paper towel and place inside of a loosely closed plastic bag.
- Store in the refrigerator, where it should keep fresh for several days.
- Dried mint should be kept in a tightly sealed glass container in a cool, dark and dry place, where it will keep fresh for about nine to twelve months.