

FRESH LOBSTER SALAD
WITH TOMATO & SHERRY DRESSING

Gary Parsons, *H&B Executive Chef*

HARVEY & BROCKLESS
the fine food co

Whatever we do, from sourcing amazing food
to delivering it on time,
we always stick to one simple rule...

an absolute dedication to honest, authentic, remarkable food.

FRESH LOBSTER SALAD WITH TOMATO & SHERRY DRESSING

Chef Gary Parsons

Ingredients

SERVES 5

HS687 Harvey & Brockless Kitchen PLANT-BASED

Tomato Sherry Dressing	150g
MA233 Dell'ami Semi-Dried Cherry Tomatoes	300g
IN019 Cornish Sea Salt	5g
Lobster Tails, cooked	5
Chevril, picked and chopped	5g
Tarragon, picked and chopped	8g
Black Pepper, cracked	2g
Dill sprigs	5g
Shallot Banana, finely diced	50g
Plum Tomatoes, blanched	100g
Chives, chopped finely	15g

Method

1. Lay the lobster meat on a clean j-cloth and keep in the fridge.
2. Pour the Tomato Sherry Dressing into a clean bowl, add the banana shallots, the concassed tomatoes, all the herbs and the semi-dried cherry tomatoes. Season to taste.
3. Spoon the mix into the middle of the plate and lay the whole tail of lobster on top. Arrange the claw meat next to the tail.
4. Finish with sprigs of dill and edible flowers (optional).



FRESH LOBSTER SALAD
with Harvey and Brockless Tomato and Sherry Dressing

Harvey & Brockless Kitchen Plant-based Tomato & Sherry Dressing

A sweet and sharp dressing made with chopped tomatoes, sherry vinegar and oregano. Brings a touch of Mediterranean sun to menus.

Dell'ami Semi Dried Cherry Tomatoes

Small and sweet cherry tomato halves in our favourite marinade of rosemary with a hint of chilli.

Cornish Sea Salt Flakes

A pebble's throw from the Atlantic Ocean, the salt house that produces Cornish Sea Salt uses pure sea water from a protected marine zone, which is high in trace elements. It's this purity that gives the salt its fresh flavour and makes it so popular with chefs. Add a sprinkle to chocolate brownies to elevate them to new levels.
