

Lobster Thermidor

Indulge in the luxurious flavors of Lobster Thermidor, a classic French dish featuring tender lobster meat in a creamy, decadent sauce. Perfect for a special occasion or a romantic dinner, this dish is sure to impress!



Main Dish

French

30 min

Total time

Medium

Difficulty

750

kcal / serving

Ingredients

- 1 lobster (about 1-1.5 lbs)
- 1 tablespoon olive oil
- 2 tablespoons unsalted butter
- 1 shallot, finely chopped
- 1 clove garlic, minced
- 1/2 cup heavy cream
- 1/4 cup white wine
- 1/2 cup grated Gruyère cheese
- 1 teaspoon Dijon mustard
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)
- Lemon wedges (for serving)

Steps

- 1 Bring a large pot of salted water to a boil. Add the lobster and cook for about 8-10 minutes until bright red. Remove and let cool.
- 2 Once cool, remove the meat from the lobster claws and tail, and chop into bite-sized pieces.
- 3 In a skillet, heat olive oil and 1 tablespoon of butter over medium heat. Add the shallot and garlic, sautéing until soft.
- 4 Pour in the white wine and simmer for a few minutes until reduced by half.
- 5 Stir in the heavy cream, Dijon mustard, and season with salt and pepper. Let it simmer until slightly thickened.
- 6 Add the lobster meat to the sauce, mixing well to combine.
- 7 Preheat your broiler. Transfer the lobster mixture to a baking dish and sprinkle the Gruyère cheese on top.
- 8 Broil for 2-3 minutes until the cheese is bubbly and golden brown.
- 9 Serve hot, garnished with fresh parsley and lemon wedges.