

Island Surf & Turf: Calypso Spiced Filet, Grilled Spiny Lobster Tail, Coconut Red Curry Lobster Bisque and Roasted Asparagus

Contributed by Kevin Spencer, executive chef, Four Marlins Oceanfront Dining at The Reach Key West, Curio Collection by Hilton™

Ingredients	Method
<p>Plating & Lobster/Filet (Per Plate) 1ea 8 oz filet ½ea spiny lobster tail, grilled 4 oz coconut red curry Lobster bisque 3 oz asparagus, peeled, grilled 1 tbsp olive oil Kosher salt and pepper to taste</p> <p>Calypso Spice (Makes four servings) 2 tbsp cumin seed 1 tbsp coriander seed 1 tbsp yellow mustard seed 1 tbsp clove 2 tbsp black pepper 1bsp powdered ginger 1 tbsp ground cinnamon 2 tbsp dark brown sugar 2 tsp Kosher salt 1tbsp ground ancho chili or chili powder</p> <p>Coconut Curry Lobster Bisque (Makes four to six servings) 1 lb. fresh lobster 1 cup white wine 1 tbsp ghee or butter 1/2 onion chopped 5 or 6 cloves of garlic 1/2 jalapeno deseeded 1.5-inch piece of ginger 4 cup chicken stock 2 oz. red curry paste 1 cup crushed tomatoes 1.5 cup coconut cream 1/2 tbsp honey 1/2 lime juice Salt and pepper to taste</p> <p>Roasted Asparagus (Makes two servings) 8 (each) large asparagus spears, peeled 2 tbsp green sofrito, store bought Goya 1 tbspn olive oil Kosher salt and black pepper as needed</p>	<p>1. Preparation of Filet/Lobster Preheat your grill or a grill pan on the stove. Season the filet liberally with the calypso spice (see Calypso Spice preparation) on all sides and set aside. Anchor a cutting board to your countertop. Place a spiny lobster tail on the cutting board. Using a sharp knife, place the tip of the knife into the shell just above where the tail fans out. You want the blade of the knife to face down to the shell where the heel of the knife is going to come down to and through the shell where it would be attached to the body. Proceed to push the knife down into the shell and split the tail evenly in half. Once you have the tail in half go back to where you inserted the knife tip in the shell and press down the other way to completely separate the two halves by cutting through the fanned part of the tail. Place the lobster on a plate and season with salt and pepper. When the grill is hot enough drizzle olive oil over the side of the filet you are going to place on the grill first to help prevent sticking and the same with the lobster tail. Cook the filet to the desired temperature that you like on the grill. Get nice grill marks on the lobster tail and the flesh starts to turn white. Flip the tails over and place on the grill shell side down and continue to cook till the internal temperature reaches 135 degrees F. Remove the filet and lobster from the grill, place on a plate and allow to rest for a few minutes. In the meantime, place your asparagus in the oven to roast (see preparation below). Refer to the picture for suggested plating option and enjoy!</p> <p>2. For the Calypso Spice In a pan over high heat on the stove toast the cumin seed, coriander seed, mustard seed, black pepper, and the clove briefly, just toast to the point where you can start to smell the spices. Remove from the heat and place the spices in a bowl till they cool down. Place the spices in a spice grinder, blender, or coffee grinder and turn on high and grind till the spices are a fine texture. Place the spices in a bowl with the remaining ingredients and fold together with a rubber spatula or a spoon till they are fully incorporated. Place the spice mix in an air-tight container. Will stay at room temp for 2-3 weeks. You might also be able to find a calypso spice blend at a grocery store in the spice isle or online sites like Amazon.</p> <p>3. For the Coconut Curry Lobster Bisque In a large stock pot, bring 3 cups of water and 1 cup of white wine to a boil. Cut open the underbelly portion of lobster and place lobster into boiling liquid, Cook for about</p>

10 minutes give or take, depending on size of individual lobsters. Meanwhile, add 1 Tbsp of ghee to hot pan and add onions, cook until translucent.

Once lobster is done, fish out of pot and let cool. Once cooled, break shells open, remove flesh and set aside (I recommend doing this over the pot to catch any excess liquid as you are using it to create a stock/broth) When onions are done add them into the stock pot and simmer Peel ginger. Add garlic, ginger and jalapeño to small food processor or blender and pulse till minced, you should have a paste like substance. (If you don't have either appliance a fine mince will suffice) Add a small amount of ghee or butter back into the saucepan you used to cook the onions. Add garlic, ginger, jalapeno paste and cook on medium until lightly browned and aromatic.

Once cooked, add paste into stock pot with broth and onions. Add chicken stock and bring to a boil. Using an immersion blender, blend stock until consistency is smooth and bring boil to a simmer. Add coconut cream and red curry paste and immersion blend lightly to combine coconut cream, curry paste and broth. Add crushed tomatoes, honey and juice of half of lime. Roughly chop cooled lobster meat and add to pot. Simmer for 10-15 minutes. Salt and pepper to taste.

4. For the Roasted Asparagus

Pre-heat oven to 500 degrees. The asparagus is one of the last steps in this dish to prepare since it takes a small amount of time. Trim off bottom off the asparagus just at the point where it starts to turn a purplish white. Discard the end that you just trimmed off. With a peeler peel the asparagus from just below the tip all the way down the spear. Place the asparagus in a mixing bowl with the oil and rub the oil over all the spears with your hands. Season with salt and pepper. Next add the green sofrito and rub the asparagus making sure they are evenly coated. Place the asparagus on a cookie sheet and place in the oven. Roast for a few minutes till you feel the asparagus start to become tender. Remove from the oven and place on a plate and reserve till you plate the dish.