

## COASTS

# Lobster “Asopao” with plantain balls



María Grubb

UNDERGROUND DINING CLUB,  
DECANTER HOTEL, AND  
TABERNA MEDALLA



Natalia Vallejo

COCINA AL FONDO  
RESTAURANT

## Lobster “Asopao” with plantain balls

### UTENSILS

- 1 grater
- 2 medium pots
- 1 ladle
- 1 wooden spoon
- 1 colander
- 1 knife
- 1 cutting board
- 1 kitchen towel

### SERVES

Approximately 4 people

### TIME

1 hour preparation time +  
20 minutes of cooking and  
assembly of ingredients

### OPTIONAL INGREDIENT SUBSTITUTIONS AND/OR ADDITIONS:

The lobster can be substituted by a different type of shell fish, like shrimp. The same procedure would be followed to make the court bouillon.

Vegan/Vegetarian option: when making the court bouillon, omit the lobster and substitute for dried mushrooms like shiitake and baby carrots.

\*\*\*Recipe is gluten free, lactose free\*\*\*

### Lobster Court Bouillon:

#### INGREDIENTS

- 2 cups white wine
- 2 tablespoons of Allspice
- 1 onion, peeled & quartered
- 5 garlic cloves, smashed
- 2 lemons cut in half
- 2 bay leaves
- 4 tarragon stems
- 5 leaves of cilantro (recao) or 1 bunch of cilantro stems
- 6 quarts of water
- Salt to taste
- 1 lobster of 1.5 to 2 lbs or 2 lobster tails

#### PREPARATION BEFORE THE EVENT

- Measure and cut ingredients prior to event.

#### PROCEDURE

##### Step 1

Mix all ingredients (except lobster) in a large pot big enough to cook lobster (about 8-10 quarts).

##### Step 2

Bring water to a boil.

##### Step 3

Add lobster. Cook for about 8 minutes for a whole lobster, 5 minutes for tails.

##### Step 4

When lobster is cooked, remove, and set aside.

##### Step 5

Carefully, pass the liquid through a colander and preserve it for the *asopao*.

### Asopao:

#### INGREDIENTS

- 4 teaspoons coconut oil
- ½ cup long grain rice
- ½ cup of sofrito
- 5 saffron strands
- 1 teaspoon of harissa paste
- ½ cup coconut milk
- 3 garlic cloves, minced
- 2 whole scallion stems, sliced
- Salt to taste

#### GARNISH

- Tarragon leaves
- Cilantro leaves
- Thinly sliced fennel
- Zest & juice of 1 lime
- Olive oil
- Avocado balls scooped with a melon baller (optional)

#### PREPARATION BEFORE THE EVENT

- Measure and cut ingredients prior to event.

#### PROCEDURE

##### Step 1

Add coconut oil to a 5-8 quarts pot along with minced garlic, stir, add harissa paste, sofrito, and saffron.

##### Step 2

Cook for about 2-3 minutes on low heat until lightly caramelized.

##### Step 3

Deglaze with coconut milk.

##### Step 4

Add 4 quarts of lobster stock and bring to boil. Add rice, bring to boil again for about 6-8 min. Add salt to taste.

##### Step 5

Meanwhile, shape plantain balls. Add slowly to the boiling rice mix.

##### Step 6

Add lobster, cleaned and chopped.

##### Step 7

Boil for a few minutes. Taste, add salt if needed.

##### Step 8

Finish with chopped scallion and add garnish.

### Sofrito - included in box (it is not necessary to buy these ingredients):

#### UTENSILS

- 1 blender
- 1 knife
- 1 chopping board

#### INGREDIENTS

- 6 cilantro (recao) leaves
- 5 sweet peppers
- ½ cubanelle pepper
- 5 garlic cloves
- ½ celery stick
- 2 tablespoons vegetable oil
- ½ teaspoon dried oregano

#### PROCEDURE

##### Step 1

Rinse peppers, recao, pepper, and celery.

##### Step 2

Remove seeds & stems of all the peppers.

##### Step 3

Puree in a blender.

#### FARMS

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Vida Azul – Pescador Christopher

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