

LOBSTER SALAD

serves 4

August marks the beginning of spiny lobster season in the Caribbean, my favorite lobster. The tails are succulent, sweet and juicy. This lobster salad combines broiled tails with fresh herbs, sweet grapes, tomatoes and avocado in a tangy citrus Dijon dressing, deliciously complimenting the lobster without overpowering its flavor. Fabulous on its own, served over a bed of greens, in a croissant or a toasted top sliced New England hot dog bun.

2 broiled or grilled lobster tails
1 Tablespoon fresh thyme leaves,
1 medium shallot, thinly sliced into
"little rings"
¼ cup fresh basil, finely chopped
1 cup sweet grape tomatoes, halved

1 cup white seedless grapes, halved
1 stalk celery, thinly sliced
1 cup baby arugula leaves
1 medium ripe avocado (I prefer Hass)
Course sea salt and fresh ground pepper
to taste

Remove lobster tails from shell and drizzle with olive oil. Season with fresh thyme leaves and salt and pepper to taste. Broil (or grill) lobster tails (follow my recipe from "Fun & Simple Gourmet") and allow to cool to room temperature. Meanwhile, prepare dressing. When lobster has cooled, chop into 1-inch cubes. In a large bowl add lobster pieces, shallot, basil, tomatoes, grapes and celery. Gently toss with half of the dressing. Cut avocados in half and remove pit. Holding one half in the palm of your hand, make vertical and horizontal slices with a pairing knife to form 1-inch cubes. Spoon into the salad and gently toss. Drizzle with remaining dressing until desired wetness and season with course sea salt and freshly ground pepper to taste. Serve immediately on a bed of lettuce, a croissant or your favorite top sliced hot dog bun.

the dressing

½ cup extra virgin olive oil
1 Tablespoon fresh lemon juice
1 teaspoon fresh lemon zest
1 teaspoon fresh orange zest
1 Tablespoon Dijon mustard
1 Tablespoon fresh tarragon leaves, finely chopped

1 Tablespoon dry white wine
½ teaspoon dried oregano
½ teaspoon course sea salt (or kosher salt)
Fresh ground black pepper to taste

In a small bowl, whisk olive oil, lemon juice, mustard and white wine. Add remaining ingredients and whisk together until well combined and emulsified.