

Lobster Oil

Sweat without colouring in a little olive oil, a chopped carrot, stick of chopped celery and a couple of chopped shallots. Reserve.

I'm using 2 lobster shells from my thermidor omelette which I've roughly chopped up into big chunks. In the same unwashed vegetable pan, add another slurp of olive oil and sweat the broken shell and claw pieces for 5 minutes.

Now add the softened vegetables to the lobster pan along with a crushed garlic clove and a generous handful of roughly chopped flat-leaf parsley and 300ml good quality olive oil.

Turn the heat right down and slowly simmer for 2 hours, allow to cool then refrigerate the whole lot in a sealed Tupperware for 2 weeks.

Thereafter warm the mixture, pass through a sieve and muslin to yield about 300ml of lobster oil, which will keep refrigerated for several weeks