

Lobster Thermidor



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Isti Dining Table

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Lobster Thermidor



Ingredients:

2 pcs	Lobster
1 tbsp	Unsalted butter
4 cloves	Shallots (chopped)
4 cloves	Garlic (chopped)
100 ml	White wine
100 ml	Whipping cream
	Salt
	ground black pepper
50 g	Shredded cheese
	Parsley

Workflow:

1. Clean and freeze the lobster for 30 mins. Use Steam+ for 10 mins at 100°C. Remove the gills, intestines, and separate the meat.
2. Saute shallots and garlic in melted butter. Add white wine and cook for 3 mins. Add light cream and cook until thickened. Season with salt and pepper.
3. Fill the lobster shell with the sauce and meat. Sprinkle with cheese. Bake at 180°C with 4D hot air for 5 mins. Then, bake at 230°C for about 5 mins until golden brown. Sprinkle with parsley and serve.

Setting procedure:

Steam+ 100°C for 10 mins

And 4D HotAir 180°C for 5 mins and 230°C for 5 mins

Steam+

4D HotAir

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