



Deconstructed Lobster Taco
L'Auberge Carmel

Heirloom Tomato Salad "il Greco"

By Rich Pepe
Little Napoli
Dolores St. at 7th, Carmel
831-626-6335
Serves 4

INGREDIENTS:

- 1 each: red, green and yellow heirloom tomato, cut into thick slices (not wedges)
- 4 cups arugula
- 2 each: red onion, peeled and sliced into rings
- 2 tbs. white sugar
- 1/4 cup red wine vinegar
- 1 tbs. salted capers
- 1 cup feta cheese, cut into small cubes
- 2 tbs. extra-virgin olive oil
- 1 tsp. whole black peppercorns, smashed into large bits
- 2 tbs. fresh thyme or flat leaf parsley

PREPARATION:

For Sweet & Sour Red Onions:
Up to one hour before, marinate the red onion rings in the sugar and red wine vinegar, tossing every 30 minutes. Drain off the vinegar before adding to the salad.

ASSEMBLY:

1. On 4 flat plates, arrange the arugula.
2. Lay the tomatoes on top of arugula, overlapping and alternating the colors.
3. Scatter the feta cheese over the tomatoes.
4. Add the salted capers on top of tomatoes.
5. Lightly place on top the drained sweet and sour onions.

6. Drizzle the extra-virgin olive oil over and around the dish.
7. Sprinkle on the smashed black peppercorns.
8. Garnish with fresh thyme or flat leaf parsley.
9. Note: if you do not have salted capers, brined capers can be used but need to be rinsed well. In this case, coarse salt must be added before onions are placed on top of tomatoes.

Deconstructed Lobster Taco

By Walter Manzke
L'Auberge Carmel
Monte Verde at Seventh, Carmel-by-the-Sea
831-624-8578
www.laubergecarmel.com
Serves: 4

INGREDIENTS:

- 1 1-lb. live lobster
- 5 large tomatoes
- 1 jalapeno pepper (add to taste)
- Juice of 2 limes
- Pinch of Salt and Pepper
- 1/3 bunch of fresh cilantro
- 4 pcs. corn tortillas.
- 1/2 avocado

PREPARATION:

- For Lobster:*
1. Bring a pot of water to a boil. Season with salt and white vinegar. Add the lobster and cook for 5 mins.
 2. Shock the lobster in ice water after cooking.
 3. Remove shell and cut into 1/2-inch pieces.

For Salsa:

1. Place a fine linen towel over the top of a 2-quarter container, letting it drape enough into the container to hold the salsa. Tie a string or use masking tape around the container to secure it.
2. Blend tomatoes, jalapeño (do not add all at once), lime juice, salt and pepper.
3. Rough chop cilantro and mix into the tomatoes. Pour into the towel and let drip in the refrigerator for a few hours.
4. Puree the avocado and a little salt and lime juice with a hand blender until smooth.
5. Put in a piping bag.
6. Cut tortillas into long strips and fry until crispy. Season with salt.

ASSEMBLY:

1. Pour a little salsa water in a shot glass. Put a chip on top of the rim of the glass.
2. Pipe out a little bit of the avocado onto a spoon.
3. Toss lobster pieces with fresh lime juice, salt and olive oil. Place one piece on top of the avocado and garnish with a cilantro leaf.
4. Serve together. ■



Carmel TomatoFest

When: Sept. 11, 2005,
12:30-4:30 p.m.

Where: Quail Lodge Resort,
Carmel Valley

Tickets: \$85 for regular admission

Information: Call 831-625-2818,
or visit www.tomatofest.com