

## Chef from the Hood Recipes



**Chef:**  
Mark Purdy

**Restaurant:**  
Dry Creek Kitchen Healdsburg, California

**Recipe:**  
Roasted Maine LOBSTER with Carmelized Cauliflower & Caviar!

### Ingredients:

6 lobster tails & 12 lobster claws (all removed from shells)  
4 bay leaves (fresh if available)  
2 tablespoons olive oil  
4 tablespoons whole butter  
1 head fresh cauliflower  
1 cup chicken broth  
1 cup minced white onion  
salt & fresh ground pepper  
1 ounce Osetra caviar

Chef Mark Purdy loves all foods Sonoman, but his East Coast roots shine through in this spectacular yet simple presentation of lobster. Mark says, "My parents owned a small house on Nantucket Island, near Cape Cod. We packed the car, and as my father would say, 'we left America' for the summer. My brother and I caught fresh blue fish: our father, a surgeon, removed the filets with elegant precision. We'd grill them, adding just some lemon. Dinners on Nantucket were simple, rustic and great fun." Mark's recipe, perfect for a Valentine's dinner, serves 6.

Note: Maine lobster is difficult to find here in California, but available by special order with 1-day notice from Fiesta and Pacific. We think that it would be OK to substitute West Coast spiny lobster tails, and skip the claws... (but keep in mind that this is not an official chef's recommendation. Mark Purdy's recipe is so fabulous, we think you should consider making it with any lobster you can find!)

Place six plates in low oven to warm. Remove greens from cauliflower and cut head in half. Break down individual (large) stems, but leave as large as possible. From six of the largest branches, cut a 1/2" thick profile slice (shape of a tree). Set aside. Rough chop remaining scraps. Place in small pot with onions & broth. Boil, then simmer covered, until tender. Strain, reserving liquid. Puree onion/cauliflower in blender until smooth, adding broth as needed to get a tight but silky puree. If more liquid is needed, add olive oil or water. Set aside and keep warm. In heavy bottom skillet, warm 1 T of olive oil & melt 2 T of butter in it. Place 2 or 3 cauliflower slices in pan, caramelizing each side over moderate heat. Repeat with additional slices; remove to paper towel as they brown. Season with S & P and keep warm. In 2nd large, heavy skillet warm remaining olive oil. Season lobster tails with S & P. Caramelize one side of tail. Turn to caramelize other side, adding 2 T butter and bay leaves as you turn. The butter will foam up - use it to baste the tails. Remove to a paper towel and keep warm. Repeat process with claws, but keep in mind that they are smaller and cook quicker. Keep warm with the tails on the paper towels. Fold the caviar gently into the cauliflower puree. Spread puree into a large disc (like sauce on a pizza) on six warmed plates. Place cauliflower slice in center on each. Arrange 1 tail & 2 claws on each plate. Serve immediately!