

Lobster thermidor omelette

500g cooked lobster (See cooking instructions on my lobster thermidor recipe)

*A 500g lobster will yield 2 extremely generous thermidor omelettes, and up to 4 modest ones.

** You will need to use a proper traditional omelette pan, slightly rounded, non-stick sides, about 10cm wide, 3-4cm deep.

3 large quality free-range eggs per person

100g butter

100ml crème fraîche

50g grated cheddar cheese

1 teaspoon English mustard

100ml hollandaise – see below

Salt and paprika

Follow the cooking and preparation instructions from my lobster thermidor recipe, removing all the claw, knuckle and body meat from the shell, chopping it into little 1cm pieces.

Best to prepare the lobster while it is still warm, reserving the chunks in a warm corner of the kitchen. Reheated lobster becomes tough.

Whisk the eggs.

Make a cheesy sauce by mixing together the crème fraîche, grated cheese and mustard.

Make a quickie “cheaty hollandaise” by whisking 100g unsalted softened butter into one large free range egg yolk; add a squeeze of lemon at the end.

Mix the cheesy sauce and hollandaise together, check for seasoning, adding salt and paprika to taste.

Preheat the grill to its hottest setting.

Now make your omelette. Melt a little butter in the omelette pan and once bubbling, pour in the beaten egg. Regardless of how many omelettes you are making, you will need to make each individually – so 3 eggs at a time.

Gently fork whisk the egg in the pan, keeping the liquid egg moving and taking care that the eggs do not set to the base of the pan.

When the egg starts thickening, add a portion of chopped lobster meat, remove the pan from the heat, spoon over some of the cheesy hollandaise and glaze under the hot grill for 2 minutes until it turns a golden crème brûlée shine.

Using a palate knife, turn the omelette out of the pan and enjoy.