



**GASTRO**TOUR  
*Cinco Jotas*

## **Lobster Cannelloni with Cinco Jotas Ibérico Ham and Lobster Bisque**



***Chef's Name: Fran Novás***

***Restaurant: Tomiño***

### **Ingredients**

#### **Lobster Cannelloni**

- 700g Lobster
- 100g Blue Crab Meat
- 100g Spanish Onion
- 50g Red Bell Pepper
- 1 unit Zucchini
- 200 ml Lobster/Ham stock (following recipe)
- 15g Butter
- 15g All Purpose Flour
- 5 Free Range Eggs
- Salt/Pepper (to taste)

#### **Cinco Jotas Ibérico Ham Mayo**

- 100ml Sunflower Oil
- 50g Iberico Ham fat
- 1 Free Range Egg
- Salt (to taste)

#### **Lobster and Cinco Jotas Ibérico Ham emulsified stock**

- 100g Lobster Shells
- 1 unit Spanish Onion
- 1 Unit Carrot
- 50g Ibérico Ham Cinco Jotas (Meat)

- 50g Ibérico Ham Cinco Jotas (Bone)
- 1 Bay Leaf
- Brandy (To taste)
- Parsley (To taste)
- Water
- Sunflower Oil
- Extra Virgin Olive Oil

- 1 unit Garlic clove

#### **Rest of ingredients**

- Ibérico Ham Cinco Jotas (Sliced)
- Salmon Caviar
- Micro Greens
- Extra Virgin Olive Oil
- Salt

#### **Bread crouton**

- 100g White Bread (Preferably a day old)
- 50ml Extra Virgin Olive Oil
- 50g Parsley

#### **Preparation**

##### **Lobster cannelloni**

1. Slice the zucchini with a mandoline and blanch in salted water. Cool immediately. Cut 3 slices in desired length and place it together.
2. Boil the lobster in salted water (33g/L) for about 1 to 3 min.
3. Remove the meat from the shells and cut into small pieces.
4. In a pan, cook the onion and the red pepper (diced) until soft.
5. Add the butter to the mixture, and once its melted add the flour.
6. Combine thoroughly and let cook the flour for a couple minutes.
7. Add the boiling stock in 2 rows, whisking constantly.
8. Add the eggs (Previously boiled and finely grated).
9. Add the lobster and blue crab meat and cool immediately to avoid overcooking.

##### **Lobster and Cinco Jotas Ibérico ham emulsified stock**

1. Toast the lobster shells with the veggies in a pot.
2. Deglaze with the brandy and let alcohol evaporate.
3. Add the parsley, bay leaf, and Iberico Ham (Meat and bone).
4. Cover with water and let simmer.
5. Remove the Ibérico ham bone, and blend the whole mix. Strain through a fine cheesecloth.
6. Using stand blender, emulsify the liquid slowly adding the sunflower oil until reach the desired consistency.
7. Add a small amount of extra virgin olive oil (the amount should be to taste, but too much olive oil will overpower the flavor).

##### **Bread Crouton**

1. Cut the bread in small squares.
2. Blend the oil with parsley, salt and garlic.
3. Coat the bread with the oil mixture and bake until golden brown.

### **Presentation**

1. With a piping bag, fill the zucchini on one side, and roll over to form a cannelloni, leaving the end facing to the plate (to avoid opening).
2. Bake the cannelloni at 150°C, so it's hot on the inside but the zucchini keeps a fresh green color.
3. Place in a deep plate, and proceed to place the Cinco Jotas Ibérico Ham (finely sliced) with the croutons on top of the cannelloni, using the mayo to keep it in place.
4. Pour the emulsified stock on one side of the cannelloni.
5. Finish with microgreens, salmon caviar and a couple drops of Extra Virgin Olive Oil.