



Miele

Summer seafood with rouille and pinot and shallot dressing

By Miele

30 minutes

Preparation time

12 minutes

Cooking time

6 servings

Serves

INGREDIENTS

Rouille

1 garlic clove
½ red capsicum, roasted,
peeled and deseeded
1 egg yolk
2 tsp lemon juice
Pinch saffron threads
250 ml (1 cup) extra virgin
olive oil
salt flakes and pepper, to
taste

Pinot and shallot dressing

500 ml (2 cups) pinot noir
2 shallots, finely diced
2 bay leaves
4 sprigs thyme
½ tbsp black peppercorns
Salt flakes

Seafood

2 Lobster tails,
approximately 1 kg each
1 crab, such as paddle,
blue swimmer or mud
12 King prawns
12 oysters, shucked

To serve

225 g (¾ cup) mayonnaise
2 tbsp finely chopped dill
Crushed ice
Lime wedges

METHOD

Rouille

1. In a bowl of a food processor, combine garlic, capsicum, egg yolk, lemon juice and saffron. Pulse until smooth.
2. While the motor is still running, gradually add the oil in slow steady streams until mixture thickens. Season to taste with salt and pepper. Refrigerate until required.

Pinot and shallot dressing

1. In a medium saucepan combine all ingredients except salt, bring to the boil on high heat, induction setting 8. Reduce heat and simmer on induction setting 5 until wine has reduced by half.
2. Remove from heat and set aside to cool. Season to taste. Refrigerate until required.

Seafood

1. Place lobster tails in an unperforated steam container and Steam at 85°C for 4 minutes.
2. Add crab to the lobster and Steam for 6 minutes.
3. Add the prawns into the steam oven and continue to Steam for 2 minutes.

To serve

1. Combine the mayonnaise and dill in a small bowl.
2. Place the crushed ice onto a large serving plate.
3. Top with the lobster tails, crab, prawns and shucked oysters.
4. Serve the seafood with bowls of rouille, pinot and shallot dressing, dill mayonnaise and lime wedges.

Hints and tips

- Check weight of seafood and increase cooking time according to size.
- Lobster should have an internal cooking temperature of 63°C if using a food probe.
- Buying sustainable seafood is important for maintaining healthy oceans and preserving marine ecosystems. Here are some tips on how to buy sustainable seafood, look for seafood that is certified by a reputable sustainability organization such as MSC. Choose seafood that is in season and locally sourced. Eating seafood in season reduces the demand for out-of-season seafood, which can be overfished or harvested using unsustainable methods.