

Cordouan blue lobster stew with red wine of Médoc

(the broth can be prepared the day before)

Prepare a fish stock with red wine of Médoc.

Chop up the lobster into thick slices. Sear the slices quickly in a drizzle of olive oil, salt and spice with “Piment d’Espelette” pepper powder.

Place the lobster in a casserole dish, cover with the red wine fish stock and place in the oven at 60°C (140°F) for 1 hour.