

Lobster in Pineapple Sauce with Vegetables sesame seeds

- ① Blanch Rock lobster tails only to firm the meat. Remove meat from shells (saving the cooking liquid for stock)
- ② Cut the meat in $\frac{3}{4}$ " - 1" cubes
- ③ Return the shells to blanching liquid and make stock ~~then~~ boiling until reduced
- ④ Marinate meat in sherry garlic ginger pepper MSG
- ⑤ Make a batter or dip meat in egg then into cornstarch then repeat
- ⑥ Heat deep frying oil and one by one cook lobster pieces and drain
→ keep warm in oven.
- ⑦ Blanch the snow peas, celery, ^{red} sweet peppers water chestnuts mushrooms
Have pineapple ready

for the Sauce

in wok fry the scallions
then add the vegetables
add the pineapple and some
of the juice + marischio cherries + juice
add the Lobster broth + dash of Vinegar
Thicken with cornstarch and chicken
stock
and fried Almonds
or ~~Walnuts~~ or sesame
seeds

Pour sauce over Lobster + serve
immediately with the usual garnishes
and boiled rice