

Why not to try cooking an exuberant Lobster? Check out this delicious Lobster prepared by Ned, our head of Wholesale during an adventure in Cornwall.

"Every year we visit the Scilly Isles, off the end of Cornwall and my absolute favourite way to spend an afternoon is setting and hauling the two lobster pots we bought a few years ago. On Tuesday last week we caught an absolute monster, weighing in at over 2lbs!

- We part cooked it in a large pan of salty water for about 7-8 minutes and plunged it straight into ice.
- I then split it down the middle and flesh side up placed it onto the grill to finish cooking over coals.
- Lathered in melted butter with Parsley, Garlic, Black Pepper and Chilli, I basted the flesh for the few minutes it took to finish on the Grill.

Served with fresh new potatoes, and a peppery green salad (heavy on the rocket) and washed down with a cool bottle of 2018 Señorans Albariño - absolute heaven!"

