

# Lobster Thermidor

Classic Lobster Thermidor recipe with tender lobster meat in a creamy, cheesy sauce baked in the shell. Perfect for special occasions and elegant dining.

20	30	50	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Lobster Thermidor

## Ingredients

- 2 lobster meat
- 2 tbsp unsalted butter
- 1 tbsp olive oil
- 4 cup water
- 2 clove garlic
- 2 clove shallot
- 1 cup white wine
- 1 cup heavy cream
- 1 cup gruyere cheese
- 1 tbsp dijon mustard
- 1 tbsp parsley
- 1 tbsp paprika
- 1 tsp salt
- 1 tsp black pepper

## Instructions

- 1 Cook the lobsters**

Fill a large pot with 4 cups of water and bring to a rolling boil over high heat. Add 2 live lobsters head-first and cook for exactly 8 minutes.
- 2** Remove lobsters immediately and plunge into ice water to stop cooking. Let cool for 5 minutes until safe to handle.
- 3** Split each lobster in half lengthwise using a sharp knife. Remove all meat from tails and claws, keeping shells intact for serving.
- 4** Cut lobster meat into 1-inch pieces and set aside. Clean shells thoroughly and arrange on a baking sheet.
- 5 Make the sauce**

Melt 2 tablespoons butter in a large skillet over medium heat. Add 2 cloves minced garlic and cook for 1 minute until fragrant.
- 6** Add 1 cup white wine and simmer for 4-5 minutes until reduced by half. Stir in 1 cup heavy cream and bring to a gentle simmer.
- 7** Whisk in 1 tablespoon flour to thicken the sauce, cooking for 2 minutes. Add 1 tablespoon Dijon mustard and 1 teaspoon paprika.

- 8 Reduce heat to low and gradually whisk in 1 cup grated cheese until melted and smooth. Season with 1 teaspoon salt and pepper to taste.
- 9 **Assemble and bake**  
Preheat broiler to high (260°C/500°F). Fold lobster meat into the warm sauce until evenly coated.
- 10 Divide mixture evenly among the cleaned lobster shells. Dot tops with remaining 1 tablespoon butter pieces.
- 11 Broil for 3-4 minutes until tops are golden brown and bubbling. Serve immediately while hot.

## Tips

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Choose lobsters that feel heavy for their size, indicating full meat-to-shell ratio and optimal quality.

Slightly undercook the initial lobster boiling since it will finish cooking in the oven.

Keep lobster shells intact by carefully extracting meat through the back opening rather than cracking the shell.

Grate cheese finely to ensure smooth melting and prevent a grainy sauce texture.

Warm the serving plates in a low oven before plating to keep the Thermidor at optimal serving temperature.

Reserve some lobster cooking liquid to thin the sauce if it becomes too thick during preparation.

Use a kitchen torch for extra browning control on top of the cheese if your broiler runs too hot.

Strain the finished sauce through a fine-mesh sieve for ultra-smooth consistency in restaurant-style presentations.