

SEA'S  
THE DAY



*Lobster*

with garlic & seaweed mayonnaise,  
sea salt fries and dressed watercress

# Lobster with garlic & tarragon butter, garlic & seaweed mayonnaise, rosemary & sea salt fries and dressed watercress

Serves 2

## Ingredients

1 Selsey lobster

### Butter

250g block butter

2tbp chopped garlic

1 tbp chopped tarragon

### Mayonnaise

100ml plain mayonnaise

1 tsp chopped garlic

1 tsp deep fried seaweed

### Rosemary and sea salt fries

50g sea salt flakes

5g rosemary

### Watercress and homemade French dressing

3 tbsp rapeseed oil

1 tbsp white wine vinegar

1 tbsp honey

1 tsp wholegrain mustard

1 tbsp water

5g fresh mint

pinch salt and pepper

## Method

Bring a large pan of salty water to the boil. Place the lobster in the boiling water and cook for 4-5 minutes for a 500g lobster. Once cooked, cool down with ice-cold water. Then lightly grill.

### Garlic and tarragon butter

Slowly melt all three ingredients together then pour liberally over the lobster.

### Garlic and seaweed mayonnaise

Mix all the ingredients together and serve alongside the lobster and fries

### Rosemary and sea salt fries

Blitz the salt and rosemary together then sprinkle over your favourite fries.

### Local watercress with homemade French dressing

Shake all the ingredients together in a glass jar. Pour over the watercress and serve alongside the lobster and fries.



This recipe is supplied by the Crown and Anchor, a 16th century pub on the edge of Chichester Harbour. The menu features freshly landed fish and seafood.

[www.crownandanchorchichester.com](http://www.crownandanchorchichester.com)

## *Eating your Lobster*

You will need some special cutlery to eat your lobster. Get yourself a cracker to break into the lobster and a lobster fork so you can get all the meat from inside the knuckle. Keep a napkin and wet wipes handy - it may get messy!

The Sea's the Day project celebrates the Selsey fishing industry. The fascinating stories and memories of the fishermen and their families have been recorded and used to create a short film and a book. The recipe cards show you how to prepare tasty meals in your own kitchen using the local species the Selsey fishermen catch.

[www.peninsulapartnership.org.uk/projects/seas-the-day/](http://www.peninsulapartnership.org.uk/projects/seas-the-day/)

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