

Lobster and Butter Lettuce Salad

Ingredients

- 4 1 1/4-1 1/2 lb. lobsters, steamed and chilled in the shell
- 2 tbsps apple vinegar
- 1 1/2 tsps dijon mustard
- 1 1/2 tbsps chopped fresh tarragon
- salt and freshly ground black pepper to taste
- 6 tbsps extra-virgin olive oil
- 2 heads butter lettuce
- 2 oranges, peeled and segmented
- 1 avocado (optional)
- 1 tbsp chopped fresh chives

Instructions

Serves: 4

Rating: Awesome

Remove the meat from the lobsters and discard the shells. Cut meat into 1/2-inch pieces.

In a small bowl, whisk together the vinegar, mustard, half of the tarragon, salt and pepper. Add the olive oil in a slow, steady stream, whisking constantly until smooth and blended.

Tear butter lettuce into bite size pieces. In a large bowl, combine lettuce with about 2-3 tablespoons of the vinaigrette and gently toss to coat evenly.

Divide lettuce onto 4 individual serving plates. Scatter lobster over lettuce. Peel, pit, and slice avocado. Garnish each dish with the avocado slices and orange segments. Sprinkle with the chives and remaining tarragon. Serve immediately with the remaining vinaigrette.

Summary

Yield: 4

Source: Priscilla (adapted from Williams-Sonoma)

Prep Time: 15 minutes

Category: Salads