

FRENCH QUENELLE BUN *Lobster roll*



Serves

8



Cooking time

15 MN



INGREDIENTS

- 8 French quennelles buns
- 1 lb Lobster meat
- 3 tbsp mayonnaise
- 1 tsp whole-grain mustard
- 2 tbsp lemon juice
- 2 tbsp diced stick celery
- 2 tbsp minced chives
- Black pepper

DIRECTIONS

PRÉPARATION

Step1:

- **Poach the frozen French quennelles buns** in boiling water for 10 minutes
- **Cook the tails of lobster** 5 minutes in boiling water then cool it in iced water
- Shell the lobster

Step2:

- **Make the sauce** by mixing mayonnaise, mustard, lemon juice, celery, chives.
- **Season** with black pepper and salt if necessary
- **Cut the lobster** in large pieces and mix it with the sauce

Step3:

- Heat the oven to 230°C / 445°F
- Place the French quennelles buns on a baking sheet and **bake for 15 minutes.**
- After removing from the oven, **split the quennelle bun** lengthwise with a knife
- Fill with the lobster meat and the sauce