



Culinary Academy

Toast Langoustine

By Igor Sapega

№ #0003

Ingredients

1 kg Langoustini
2 eggs
1 teasp Dijon
1 tablesp vinegar
2,5 dl rapeseed oil
1 sourdough bread
2 yellow onions
1 L frying oil
100 g butter
50 g dill
1 Lemon
Salt
Pepper

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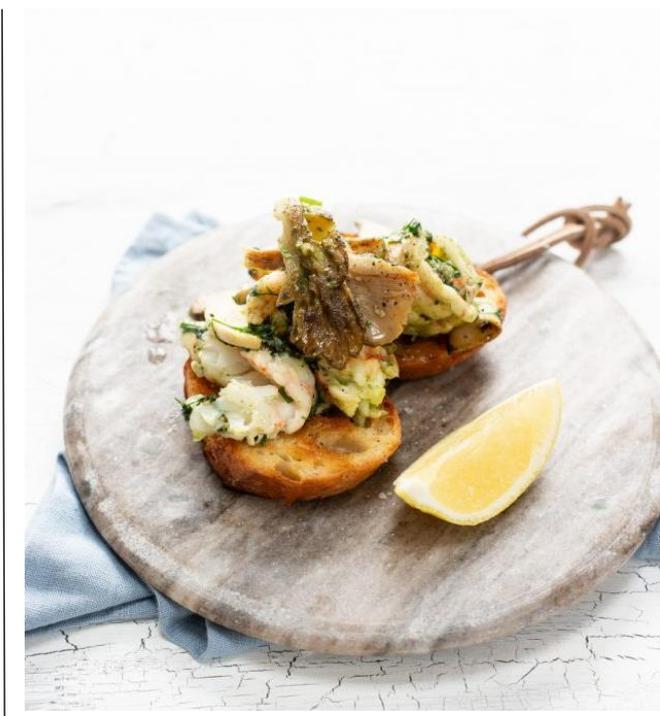
While years ago they were tossed in breadcrumbs and served up with chips as scampi, in recent years they have garnered a foodie fanbase for their sweet, lobster-like flesh, and appear regularly on fine dining menus across the world.

Langoustine

Bring a large pan of heavily salted water to a rolling boil (1 tbsp salt to 1l of water). Taking care not to overcrowd the pan, add the langoustines, in batches if necessary, and cook for 3 to 4 minutes, if they're ready, by checking the underside of the tail; when cooked the flesh will have turned white as opposed, translucent. Remove from the pan and drain, add into ice cold water to rest. Peel and leave the tail. Fry them in pan with butter for juicy and buttered flavours, season it.

Mayonnaise

Tip the egg yolks and mustard into a bowl, season with salt and pepper and whisk together until completely combined. Whisking constantly, add a small drop of oil and whisk until completely combined, then add another drop and continue a drop at a time until the yolks and oil combine and start to thicken. Once you're confident the oil and eggs are coming together you can add the oil a bit more at a time, as adding the oil too quickly will cause the mayonnaise to split and curdle. Once all the oil has been whisked into the eggs and you have a thick, spoonable mayonnaise, whisk in the vinegar or lemon juice and season to taste.



Fried bread

Drop a knob of good butter and bit olive oil into a pan and heat over medium until hot. Grab two pieces of thick slices of sourdough. Drop the bread in the pan and let it cook undisturbed for 2-3 minutes. Peek underneath the bread, looking for a deep gold colour. If the pan is beginning to look dry, toss in a bit more butter on the side of the bread and give the pan a good shake. Another 2-3 minutes and the second side of the bread

Crispy onion

Peel and cut the onions into as thin slices,. Place the slices in a bowl of ice cold water. Separate the rings and leave for 30 minutes. Pour into a strainer, Wipe the onion with kitchen paper or a kitchen towel. Heat the frying oil to 160–170 ° C in a saucepan. Add a few onion rings to see if the oil is hot enough. Fry the onion in batches and stir gently from time to time so that it turns evenly brown. Lift the onion and let it drain on kitchen paper. Sprinkle with a little salt and serve.