

Stev George – Olivea

Lobster Cocktail with Lime and Hibiscus Salt

This is a very festive and impressive addition to any summer party. Make sure the lobster is just barely cooked so that it is tender and succulent. The fruits need to be at the peak of ripeness, so plan ahead and let them ripen in a sunny window. Lightly poached shrimp or scallops can be substituted for the lobster.

2 fresh East Coast lobsters (each approximately 1 1/2 lb), cooked, shell removed and cut into 3/4 inch pieces

1 ripe mango, peeled and cut into 3/4 inch pieces

1/4 ripe papaya, peeled seeds removed and cut into 3/4 inch pieces

1 ripe avocado, peeled and sliced into 1/4 inch slices

juice from one lime

4 basil leaves, sliced into thin strips, plus leaves for garnish

pinches of hibiscus salt or fleur de sel

In a bowl, gently combine equal proportions of the mango, papaya and avocado with the lobster meat, basil and lime juice. Divide the mixture between 4-6 chilled martini glasses. Sprinkle each with a pinch of hibiscus salt and garnish with basil leaves.

Serves 4-6

Hibiscus salt

Flavoured salts are in vogue right now. This one has a lemony zing and a gorgeous purple colour.

1/4 cup dried hibiscus petals (available in some natural food stores)

1/4 cup fleur de sel, or other good quality sea salt

Using a mortar and pestle, crush the hibiscus petals into a powder. Add the salt and grind together, then sift through a medium-fine sieve to remove any coarse pieces.