



Lobster Croquetas

with Banana Lentil Salad & Horseradish Cream

CROQUETAS

- 4 Tbs. butter
- 2 Tbs. diced onion
- 3 cloves garlic, squeezed through a garlic press
- 1 cup milk
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{8}$ tsp. ground black pepper
- $\frac{1}{2}$ Tbs. cognac
- 1 lb. cooked lobster meat finely diced

BREADING

- 1 cup all-purpose flour
- 2 eggs
- 1 cup cracker meal
- Canola oil for deep frying

To prepare the croquetas:

1. Heat the butter in a heavy-bottomed saucepan and sauté the onion and garlic over a medium high heat until translucent, about 5 minutes; set aside.
2. Place the milk and flour in a blender and blend until combined; pour this mixture into the sautéed onions and add the salt, pepper and nutmeg. Simmer over a low heat, stirring constantly, until the mixture reaches the consistency of pancake batter.
3. Remove the pan from the heat, add the cognac and lobster meat and mix well. Pour into a shallow pan and let cool for about 1 hour.
4. Using about 2 to 3 tablespoons of the mixture for each croqueta, shape into small finger-size sticks.
5. Place each breading ingredient into a separate small bowl. Lightly beat the eggs. Dredge the croquetas first in the flour, then in the egg, and finally in the cracker meal.
6. Transfer to a plate, cover and refrigerate for at least 1 hour or freeze to use at a later time.
7. Heat the canola oil in a deep fryer to about 375°.
8. Fry the croquetas until golden brown, 3 to 4 minutes. Drain on paper towels.

BANANA LENTIL SALAD

- 1 cup brown lentils
- 1 cup yellow or red lentils
- 3 Tbs. olive oil
- 1 red onion cut into $\frac{1}{4}$ " dice
- 1 red bell pepper cut into $\frac{1}{4}$ " dice
- 1 Tbs. finely minced garlic
- 2 Tbs. chopped parsley
- 3 Tbs. chopped cilantro leaves
- 3 semi-ripe bananas, peeled and chopped
- $\frac{1}{4}$ cup balsamic vinegar
- Salt and pepper to taste

To prepare the salad:

1. Place the lentils in a large bowl, cover with plenty of water and soak overnight.
2. The next day, drain off the water, rinse the lentils and transfer to a saucepan. Add fresh water to cover by at least an inch.
3. Bring the lentils to a boil. Lower the heat and simmer for 6 minutes. Remove the pan from the heat, drain and transfer to a mixing bowl to cool.
4. In a sauté pan or skillet, heat the olive oil. Add the onion, bell pepper and garlic and sauté over a medium heat until tender, about 2 minutes.
5. Add the onion mixture to the cooled lentils and stir in the remaining ingredients. Mix thoroughly.
6. Let the salad chill for 1 to 2 hours before serving.

HORSERADISH CREAM

- 2 Tbs. prepared horseradish
- 1 tsp. wasabi powder
- $\frac{1}{2}$ Tbs. grated gingerroot
- $\frac{1}{2}$ cup sour cream
- 2 Tbs. heavy cream

Place the horseradish cream ingredients in a blender and puree until smooth. Refrigerate.

ASSEMBLY

Place the 4 tablespoons of lentils into the center of a serving bowl and rest the croquetas against the lentils. Drizzle the horseradish cream over and around the croquetas and lentils. Garnish with sprigs of cilantro and fresh lime.