Lobster Bake //EMAILED JAIME 3/15 ON RECIPE STATUS

Dave Pasternak, Chef, Esca, New York

MENU

Appetizers

Burrata with heirloom tomatoes  
Proscuitto with white bean bruschetta  
Fire roasted eggplant

LOBSTER BAKE

Layers of lobster, clams, and striped bass; with sausages, baby zucchini, corn and spring onions

Dessert

Fiore di Latte Gelati with Fresh Berries

RECIPES

**Burrata with Heirloom Tomatoes**

serves 4

Ingredients

2 ea Italian Burrata (soft cheese from Puglia)

1 lb mixed heirloom tomatoes (Brandywine, Cherokee Purple, Ida Gold, etc.)

sea salt

black pepper

2 oz aged balsamic vinegar

6 oz extra virgin olive oil

salt

black pepper

½ cu fresh basil leaves

Method

For the vinaigrette, whisk the olive oil into the vinegar a little at a time using a large, fine-wire whisk. Adjust seasoning to taste.

Before assembling, allow burrata to come up to room temperature first. Slice the two pieces in half and place in the center of each of four plates. Cut the heirloom tomatoes into various shapes, depending on the original shape; large flat ones can be cut into wedges, round ones are best for slicing, and smaller varieties can simply be halved. Place the tomatoes around the cheese on each plate. Cut the basil into thin strips and sprinkle over tomatoes. Drizzle vinaigrette over the plates. Season both the tomatoes and cheese with sea salt and fresh cracks of pepper. Drizzle with olive oil and serve.

**Marinated Sardines with Roasted Eggplant**

Serves 4

Ingredients

16 ea fresh sardine filets

¼ cu red wine vinegar

2 ea garlic cloves, thinly sliced

1 ea lemon, zest of

1 tsp salt

1 loaf rustic country bread, cut into ½-inch-thick slices

2 ea medium eggplant (about 1½ lbs)

sea salt

¼ cu olive oil

black pepper

Method

For the sardines, line a Pyrex baking dish with parchment paper. Place the sardine fillets, skin side down, on the paper, making sure they’re not touching one another. Pour the vinegar over the fillets and sprinkle with the garlic, lemon zest and sea salt. Cover with another piece of parchment paper and refrigerate overnight.

For the eggplant, cut off the stem ends and cut them into 2-inch chunks. If they are larger, peel them before dicing. Sprinkle the eggplant with salt and set aside in a colander for 1 hour.

Preheat the oven to 400oF. Turn the eggplant onto a kitchen towel and blot dry. Transfer the eggplant to a baking sheet and drizzle the olive oil evenly throughout. Use your hands to toss. Season the eggplant with salt and pepper and bake in the oven until tender, about 40 minutes, using a spatula to turn them halfway through the cooking time.

The next day, preheat the broiler. Bring the sardines to room temperature, and brush away the garlic and lemon zest. On a broiler pan, lightly toast the bread. To serve, put one slice of toast in the center of each of four serving plates. Spoon some roasted eggplant on top of each slice, then lay four marinated sardine fillets, skin side up, on the other half. Drizzle with olive oil and serve.

**Fiore di Latte Gelati (makes about 1 Qt.)**

* 1 ½ cups heavy cream
* Pinch of salt
* ¼ cup glucose syrup (an inverted sugar)
* ½ cup plus 1 Tablespoon sugar
* ½ cup plus @ tablespoons non-fat instant milk powder (easily found in grocery stores)
* 2 cups raw whole milk, or really good quality orgainic whole milk

1. Heat heavy cream, salt, sugar, and glucose until steaming hot, but not boiling.
2. Slowly whisk about a third of the hot cream mixture into the milk powder a little at a time until you have a smooth mixture. Add back to the rest of the cream mixture and cook, stirring constantly on medium heat for 3 minutes.
3. Strain the cream mixture and then add the milk. Cool down in an ice bath.
4. Process in an ice cream machine. Its best to let the gelati harden in the freezer for a few hours before serving.