

Mauritian Lobster Soup

Ingredients

- 1 onion
- 3 cloves of garlic
- 5 medium tomatoes
- red chilli flakes (as much as you like)
- 1 lobster
- 2 tablespoons of olive oil
- a sprig of thyme
- ½ a pint of vegetable stock
- 160ml of coconut milk
- a tsp of pink Himalayan rock salt
- freshly ground pepper (as much as you like)
- rice or bread to serve

Utensils

- a big pan
- a medium pan
- a chopping board
- a sharp knife
- a wooden spoon
- scissors

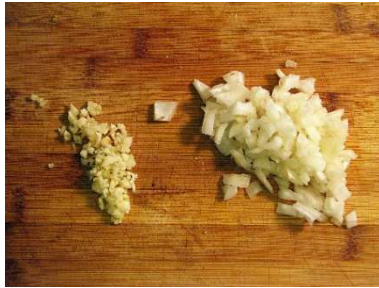
Method

1. Fill the pan with water, place the lobster in it then boil for 10 minutes with the claws still tied.



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2. While it is boiling, chop the onion, peel and chop the garlic then cut the tomatoes.



3. Turn off the boiling water and wait for the lobster to cool down.



4. Heat the oil in a medium pan then add salt and pepper. Put the chopped onion in to fry gently, then once browned add the garlic and chilli flakes.
5. Add the tomatoes and let them simmer for 15-20 minutes on a low heat. Put the thyme in and stir in the vegetable stock along with the coconut milk.



6. Once the lobster has cooled down, cut the bands off with scissors then take it apart starting from the tail. Pull its claws and knuckles off and cut down the middle of its body removing the meat. If there are any brown bits throw them away. Cut or break the meat as you want.



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7. Add the meat to the tomato soup base and stir. Serve with rice or crusty bread.
Enjoy with your family!



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Food groups



This recipe includes these food groups:



Tomatoes, onion, garlic



Rice or bread



Lobster



Olive oil



Coconut milk

Why I have chosen this recipe

I have chosen this recipe because it is from Mauritius and it is our family island. Lobsters are very common in Mauritius and are very tasty in this dish! My family have been cooking this for generations.

Amba Pydiah & family

