



The lobster Rech n'Roll of summer 2013

The blue lobster hits its peak of excellence early summer. Perfect !

From June 26th till July 27th, Alain Ducasse's seafood restaurant Rech will serve the star of all crustaceans as a lobster roll. 62 Avenue des Ternes will impersonate the Hamptons... The lobster roll can be enjoyed in house to take advantage of the terrace, or as a take away for those on the go!



The big blue lobster from the Brittany coastline, fresh out of the Rech tanks

"The cardinal rule for any lobster lover is to buy it alive, and exclusively", explains Alain Ducasse. "The second most important rule is eat it at the perfect moment". End of June, the lobster is spotlighted at Rech. Immediately after being taken from the tank, its flavour is unbeatable. Beneath his samurai appearance, the lobster reveals a superior and delicate flesh. It is the most sought after and succulent of all crustaceans.

A simple, summer recipe

To jazz up the one who was once called “The cardinal of the sea” in the 19th century, chef Adrien Trouilloud has prepared a Lobster Rech, blue lobster and spicy mango. « I wanted to give this dish a feminine touch» the chef explains, « adding colour and freshness in the plate». Presented in a home made ultra soft Scottish bread, the warm lobster is placed on top of black radish remoulade and thin layers of mango. « To add a little flavour to the mayonnaise, I bonded it with some juice extracted from the lobster head, façon « homardine » and spiced it up a bit with some lime zest and Espelette pepper. To accompany it: a few slices of mango, cut to look like chips, Little Gem leaves, coarse grained mustard cream and seasonal herbs are all that are needed to reveal the delicacy of such a produce.

Lobster-Chardonnay pairing ...

To accompany this Lobster Rech, sommelier Olivier Leblanc, suggests a Franco-American variation on Chardonnay. Select between a Meursault 2010 from Domaine Lafarge in Burgundy and a Santa Barbara 2010 from ABC Estate in California. If deciding between the two is too hard, try both by opting for the 2 x 7cl formula.

« J’aime New York », Alain Ducasse’s best addresses. Fancy a lobster roll in New-York ? To mark the launch of J’aime New-York in its e-book format, discover Luke’s Lobster.

« On the menu, delicious seafood sandwiches, conjured up by Luke Holden and Ben Conniff, the creators of the chain. The most popular? The « Lobster Roll », a toasted lobster sandwich (fished by the Holden family) seasoned with a dash of mayonnaise, a knob of butter, finished off with sprinkle of celery salt. As for the drinks, they also remain local with organic sodas from Maine Root, and micro brewed beers from the same state ». Alain Ducasse.

- Available in the Ibookstore
- Luke’s Lobster : 93 E 7th St - New York



From June 26th till July 27th

« Lobster Rech, Blue lobster and spicy mango »

Suggested at 32 € in house, or 29 € as a take-away.

RECH

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