

Avgolemono Velouté with Lobster Medallions

By Chef Steven Ferneding

For the Avgolemono Velouté:

4 cups chicken or vegetable broth
1/2 cup orzo pasta
3 eggs
Juice of 2 lemons
Salt and pepper to taste
Fresh dill for garnish

For the Lobster Medallions:

1 lb lobster tails, shells removed and cut into medallions
2 tablespoons extra virgin olive oil
Salt and pepper to taste

Optional Garnish:

Drizzle of extra virgin olive oil
Fresh dill sprigs

Let's Prepare the Avgolemono Velouté!

Step 1: Cook the Orzo

Bring the chicken or vegetable broth to a boil in a medium saucepan.
Add the orzo pasta and cook according to package instructions until al dente. Remove from heat and set aside.

Step 2: Prepare the Avgolemono Sauce

In a mixing bowl, whisk together the eggs and lemon juice until well combined.
Gradually add a ladleful of hot broth from the saucepan to the egg mixture while whisking constantly to temper the eggs.

Step 3: Combine the Orzo and Avgolemono Sauce

Gradually pour the tempered egg mixture back into the saucepan with the remaining broth and orzo, stirring constantly.
Continue to cook over low heat, stirring, until the soup thickens slightly. Season with salt and pepper to taste.

Let's Prepare the Lobster Medallions:

Step 1: Sear the Lobster Medallions

Heat the extra virgin olive oil in a skillet over medium-high heat.

Season the lobster medallions with salt and pepper, then add them to the skillet.

Sear the lobster for 2-3 minutes on each side until cooked through and golden brown.

Step 2: Assemble the Dish

Ladle the Avgolemono Velouté into serving bowls.

Arrange the seared lobster medallions on top of the velouté.

Drizzle with a little extra virgin olive oil and garnish with fresh dill sprigs, if desired.

Step 3: Serve and Enjoy