

# Lobster and Prawn Thermidor

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-prawn-thermidor-recipe>

## Ingredients:

- 2 lobster you can cook them yourself or buy in ready cooked
- 3 1/2 ounces prawns Cocktail, cooked and peeled
- 4 shallots large Banana, peeled and finely chopped
- 1 1/4 cups béchamel
- 1 1/4 cups double cream Jersey
- 7 1/16 tablespoons mature cheddar finely grated
- 1/2 cup Parmesan finely grated
- 6 3/4 tablespoons brandy quality
- 6 3/4 tablespoons vermouth
- 3 1/2 tablespoons salted butter Jersey
- 2 egg yolks free-range
- 1/2 lemon freshly squeezed
- 2 teaspoons English mustard
- 1/2 tablespoon tarragon finely chopped, reserve the stems
- 1 pinch cayenne pepper
- sea salt
- freshly ground black pepper

## Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 375 milligrams
4. Fat: 55 grams
5. Fiber: 4 grams
6. Protein: 36 grams
7. SaturatedFat: 33 grams
8. Sodium: 1520 milligrams
9. Sugar: 10 grams

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