

Pan-roasted Veal Tenderloin with Lobster Ragout

- 1 ea. Live 1# lobster
- 1 ea. Leek
- ½ bulb Fennel, root discarded, sliced thinly (reserve a few fronds from the top)
- 1 Tbs. Olive oil
- 1 clove garlic, sliced thinly
- ½ # Fresh spinach, washed, dried, and de-stemmed
- ¾ # Veal tenderloin sliced into four medallions
- 2 Tbs. Thyme, fresh, picked, minced
- 1 Tbs. Picked fresh tarragon
- 4 Tbs. Butter

Black pepper and salt

1. Bring a large pot of water to a boil. Make and ice bath of similar size. Place lobster in water, bring back to a boil, and cook 8 minutes. Remove from water and plunge into the ice bath. Allow to cool.
2. Remove lobster from water. Crack shells and tail and remove meat. Cut into ½" dice. Set aside.
3. Dice white and light green part of leek into ½" dice. Wash well in two washes of water. Drain well.
4. Melt 2 Tbs. of butter in a small sauté pan over low heat. Add leeks and cook slowly. Season well with salt and pepper. Cook leeks slowly without coloring until leeks are soft. Add fennel and cook 5 more minutes. Set aside in pan.
5. Heat skillet on high heat. Add garlic, cook for 30 seconds, and add spinach. Toss once, season with salt and pepper and remove from heat. Set aside and keep warm.
6. Heat a skillet over high heat. Season veal medallions with salt pepper and chopped thyme. Sear and reduce heat to medium cooking for 5-10 minutes to desired doneness.
7. Re-warm leeks and fennel. Add lobster and tarragon and heat until lobster is just heated through. Remove from heat and stir in butter. This should give a creamy sauce. Do not over-heat as the butter will break and get oily. Taste ragout and season if necessary.
8. Place two small piles on two plates. Place a veal medallion on each pile. Top with lobster ragout and drizzle butter around.
9. Garnish with fennel fronds.