
Lobster and Potato Salad

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Food Network Magazine- June 2021

Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 2 hours

1 1/2 pounds unpeeled small Yukon Gold potatoes (1-1/2 inch diameter)

Kosher salt

3 tablespoons Champagne or white wine vinegar

1/2 teaspoon Dijon mustard

1/2 teaspoon garlic, minced

1 extra-large egg yolk (optional), room temperature

freshly ground black pepper

1/2 cup good olive oil

1/4 cup dry white wine

3 tablespoons capers, drained

1 cup (6 to 8 scallions) thinly sliced scallions

1/2 cup (1/4-inch) diced celery

1/2 cup (1/4-inch) diced red onion

1 1/2 pounds (six 1-1/4 pound lobsters) cooked lobster meat, one-inch diced

1 lemon

3 tablespoons fresh tarragon, coarsely chopped

Place the potatoes in a large pot and cover with water by one inch. Add one tablespoon of salt and bring to a boil. Lower the heat and simmer for 15 to 25 minutes, depending on the size of the potatoes, until just tender. (I use a small bamboo skewer to test them.) Drain in a colander. Cover the colander with a clean kitchen towel and allow the potatoes to steam for 5 to 10 minutes. Cut them in quarters or halves, depending on their size, and place them in a large bowl.

Meanwhile, whisk together the vinegar, mustard, garlic, egg yolk, 2 teaspoons of salt and 1 teaspoon of pepper. While whisking, slowly pour in the olive oil, making an emulsion. Stir in the wine and capers.

While the potatoes are still very warm, pour half the vinaigrette on the potatoes and toss them gently, allowing them to soak up the vinaigrette. Stir in the scallions, celery, red onion and lobster. Add enough vinaigrette to moisten. Reserve any remaining vinaigrette. Add the zest and juice of the lemon, the tarragon, 2 teaspoons of salt and 1 teaspoon of pepper. Toss carefully. Cover with plastic wrap and refrigerate for at least an hour to allow the flavors to blend. Taste for seasonings and add more vinaigrette, if necessary.

Serve at room temperature.

Seafood

Per Serving (excluding unknown items): 51 Calories; trace Fat (6.0% calories from fat); 8g Protein; 3g Carbohydrate; trace Dietary Fiber; 26mg Cholesterol; 192mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.