



Poached Lobster with Sunchoke Waffles, Fennel and Meyer Lemon Cream

By Andrea Carlson, Owner / Chef of Burdock & Co, Harvest Community Foods and Bar Gobo

We love playing with food at Burdock and doing things that are whimsical. This is a play on waffles and traditional components. This preparation really highlights the lobster as a succulent centrepiece of the dish, backed up with savoury sunchoke waffles and a meyer lemon mascarpone cream.

Serves 4

INGREDIENTS

Poached Lobster

2 Cooked PEI Lobsters, shells removed
1 tbsp water
1 cup butter
Salt

Waffles

1/2 cup Sunchoke, 1/2" diced
1 tbsp olive oil
1 tbsp thyme leaves
Pinch of salt
1 cup flour
1 tsp baking powder
1/2 tsp baking soda
1 tsp salt
1 tbsp sugar
4 tbsp butter, melted
1 egg
1 cup buttermilk
1 tbsp parsley, chopped

Meyer Lemon Mascarpone

3/4 cup Mascarpone
Zest 1 meyer lemon
2 tbsp chives, chopped
Salt

Fennel Salad

1 bulb fennel, very finely shaved on mandolin (about 1 cup)

1 shallot, finely diced
Juice of 1 meyer lemon
Salt
2 tbsp olive oil

Fennel Pollen

½ tsp to serve

METHOD

- Heat water in a small pot and whisk in butter to emulsify. Season with salt and set aside.
- Roast diced sunchokes with olive oil and thyme in a 400 degree oven until tender. While they roast, prepare waffle batter by mixing all dry ingredients and adding just until it is combined. Then, add cooked sunchokes.
- Preheat your waffle maker.
- To make the mascarpone cream, mix all ingredients in a small bowl and set aside in the fridge until ready to use.
- To make the fennel salad, mix all ingredients when ready to serve.
- Make 4-6 waffles while you heat the butter sauce. When the butter sauce is warm, add lobster meat and gently reheat. Do not boil or lobster will get tough.
- Place a waffle on each plate, top with 1/2 of a butter poached lobster tail and a drizzle of the butter. A dollop of meyer mascarpone and a scattering of fennel salad.
- Dust each plated dish with fennel pollen, to serve.

About Chef Andrea Carlson

For over a decade, Chef Andrea Carlson has left a resounding legacy on Vancouver's dining scene. Her commitment to homegrown ingredients and active support of local food systems has led to strong relationships forged with farmers and growers, including previously unknown producers who have now caught the attention of chefs citywide.

Born and trained in British Columbia, Andrea studied organic farming and landscape design before making her mark on some of the best restaurants in Vancouver. The close connection between food and nature is a foundation of Andrea's culinary philosophy, and she has become a driving force behind the city's locavore movement.

As Chef / Owner at Burdock & Co, Harvest Community Foods and Bar Gobo, Andrea's love for the land surfaces in organic, seasonal plates influenced by B.C.'s diverse environments. Her signature style of



cooking – delicate, earthy and vibrant – captures the essence of farm-to-table dining and is a tangible reminder of her lasting impact and leadership within the culinary community.