

## Half Lobster with Oil



**eikon® e1s**

**01:10**

This recipe is available for:

- eikon® e2s HP (2000W)
- eikon® e1s

Accessories:

P  
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- 260 °C
- Chilled 4°C
- 1 Piece
- From Raw

Stage 1

- 01:10
- 100 %
- 65 %

R  
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### Ingredients

- 1 pcs Half Lobster
- 1 tbs Garlic Oil, seasoned with Salt and Pepper

### 1. Food Preparation

Remove the intestine, wash the lobster with water and dry it with paper. Loosen the meat from the shell but leave the meat in the shell. Place the oil on top of the meat and place it in the basket.

### 2. Cooking Instruction

Cook as per oven profile.

### 3. Food Serving Instruction

Remove the cooked food from the basket and serve.