



SOFIA LEVIN

Sofia Levin is a culinary travel journalist and the founder of Seasoned Traveller. She encourages people to #EatCuriously in order to celebrate difference and learn more about other cultures through food. Based in Melbourne, Sofia has a decade of experience writing for publications such as Lonely Planet, Good Food, Domain Review, National Geographic Traveller, SBS Food, Broadsheet and Guardian Australia. She co-authors travel and restaurant guidebooks and has been referred to as “one of Melbourne’s most influential and creative social media personalities” by Visit Victoria. Sofia also hosts video campaigns for brands, publications and tourism boards, working closely with the production team to create meaningful and original content.

“As a food writer, you always hear chefs talking about how they want “produce to shine” in their dishes. The thing about cooking with Tassie produce is that it’s so pristine, anyone can whip up an immaculate dish, regardless of where your cooking skills are at. Take my southern rock lobster for example – I might have matched it with salted egg noodles, but it would have been just as delicious served plain with fresh lemon.” Sofia.

SALTED EGG LOBSTER NOODLES

INGREDIENTS

Noodles	Salted egg lobster
500g egg noodles (efu/yi mein noodles)	1kg Tasmanian southern rock lobster, halved (or 1kg lobster tails)
2 cloves garlic, minced	4 salted egg yolks
1 thumb ginger, minced	50g butter
1 tsp sugar	1 tbsp chicken bouillon powder
1 tsp salt	potato starch to coat
1 tbsp soy sauce	peanut oil for frying
1 tbsp rice wine vinegar	
1 tbsp oyster sauce	Garnish
2 tsp sesame oil	3 spring onions, diagonally sliced
	Coriander
	Fried shallots
	1 bird’s eye chilli, finely sliced

METHOD

For the Tasmanian southern rock lobster: steam salted egg yolks until cooked through. Allow to cool then blend or mash until fine. If half Tasmanian southern rock lobster, prepare by chopping into pieces. Crack claws.

Pat pieces dry with paper towel and coat with potato starch. Add oil to a pan and fry for about 2 minutes in each side or until just under-cooked. Remove from heat.

Melt butter in same pan. Add salted egg yolk and chicken powder. Stir and cook for a few minutes, then add Tasmanian Southern Rock lobster pieces and toss until coated.

For the sauce: mix salt, sugar, oyster sauce, soy sauce, rice wine vinegar and sesame oil.

For the noodles: fry ginger and garlic in oil and season with white pepper. Add sauce to garlic and ginger, then add noodles and combine.

To serve: add noodles to a bowl, top with Tasmanian southern rock lobster pieces and garnish with spring onion, sliced red bird’s eye chillies, fried shallots and coriander.

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