

# THE ATLANTAN

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Master Chefs



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**PAULA SIMS BALLARD**  
THE SYCAMORE GRILL/CHEF PAULA & FRIENDS  
5329 Mimosa Drive, Stone Mountain, GA 30083  
770.465.6730 | www.thesycamoregrill.com

Longtime Chef Paula Sims Ballard brings her amazing culinary creations to Atlanta area dinner guests nightly. Born and raised in New Orleans, her cooking skills came naturally in an area synonymous with great food. She takes the approach that "it's not just sustenance, but a way of life."

As executive chef and co-owner of The Sycamore Grill in Stone Mountain, she delights her guests with an eclectic blend of New American fusion.

Her passion for cooking in the spirit of having a "good ole time" has spawned "Chef Paula and Friends." She describes it as a "Chef Table/Private Dining spin-off" that brings the elegance and style of a fine dining restaurant to you. Close friends and great food by your design, all in the comfort of your home.

## Poached Lobster Tails with a Light Parmesan Garlic Cream Sauce

Serves 2

**Ingredients**  
for the poached lobster tails:  
4 5-6 oz Maine lobster tails (shells removed and cleaned with tails heads)  
1 tsp water  
2 1/2 lbs unsalted butter cut in small chunks (enough to completely cover tails in pan)  
4 medium onions  
1 cup Parmesan  
1/2 cup salted par-will oil (add 5 min extra with salt)

for the light parmesan garlic cream sauce:  
2 tbsp butter  
2 tbsp flour  
1 tbsp minced garlic  
1 tbsp finely chopped shallots  
1/2 cup parmesan cheese  
1/2 cup half and half  
1 cup salted or chicken stock  
salt and pepper to taste

### Method

1) Heat the poached lobster tails 1) Heat water in the pan, reduce heat to simmer and whisk in chunks of butter in slow pours at a time. Do not bring to boil or butter will break. 2) When melted butter reaches 80 to 100 degrees, turn off heat. 3) Gently cook lobster tails down the middle (this stops them from curling) cook both in melted butter. 4) Return heat to simmer and poach tails for 5-7 minutes.  
To make the light parmesan garlic cream sauce:  
5) Heat butter in skillet on low heat and whisk in flour. 6) Add garlic and shallots and sauté for 1 minute. 7) Add stock to deglaze then whisk in half and half. 8) Simmer for 3-4 minutes then add parmesan cheese.

### To Serve

Serve with sautéed spinach and a corn and red pepper stack.

