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Maine Lobster Recipes : 27 New Recipes

Maine Department of Sea and Shore Fisheries

Maine Development Commission

Robert L. Perry

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MAINE

27 NEW

LOBSTER RECIPES

Recipes Submitted by Members of
The Societe des Gentilshommes Chefs de Cuisine

Selected by
the staff of Gourmet Magazine

Published by
Maine Department of Sea and Shore Fisheries
With the Assistance of
The Maine Development Commission



This publication produced
by the
DEPARTMENT OF SEA AND SHORE FISHERIES
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The Maine Development Commission
Augusta, Maine

Compiled and illustrated
by
Robert L. Perry
Division of Marketing and Development
Department of Sea and Shore Fisheries
Augusta, Maine

INTRODUCTION

The State of Maine Department of Sea and Shore Fisheries and the National Brewing Company, through its magazine THE JOURNAL OF THE SOCIETE DES GENTILSHOMMES CHEFS DE CUISINE, recently conducted a nationwide Maine Lobster Recipe Contest.

Mr. Earle R. MacAusland, editor of GOURMET magazine, graciously assigned his staff of distinguished culinary experts as judges.

We present, with understandable pride, the following recipes chosen from those submitted by famous chefs, maitres d'hotel, connoisseurs of fine foods and gourmets.

It is our belief that some of the choicest and most unusual Lobster Recipes ever collected are presented within these pages.

To those who anticipate the delicious enjoyment of a State of Maine Lobster, we respectfully suggest its preparation in one of the following ways.

The names of those who helped make this possible are presented along with each recipe, and we wish to extend to them our congratulations and grateful thanks.

Approximately nine-tenths of New England's 22 million pound annual catch comes from the State of Maine. Other lobsters of the same family are found in diminishing numbers as far south as North Carolina. The most northerly point where this delectable crustacean has been found is Henley Harbor, Labrador. It takes over six years for the average lobster to reach the minimum legal size, weighing slightly less than one pound.

The Maine Lobster, of the family *Nephropsidae*, is one of the world's three *true lobsters*; the other two, *H. Vulgaris* or *Gammarus* (European) and *Nephrops norvegicus* (Norwegian). All three of the true lobsters have large claws forward and it is from these claws and knuckles (or joints) that the tenderest meat is found. The texture as well as the flavor of the Maine Lobster is unsurpassed the world over.

It should never be confused with crawfish, crayfish or the southern variety which is sometimes called rock lobster or spiny lobster.

For further information the Department also publishes a pamphlet entitled THE STORY OF THE MAINE LOBSTER.

FIRST PRIZE
WINNER

E. P. HUTCHINSON
Glens Falls
New York



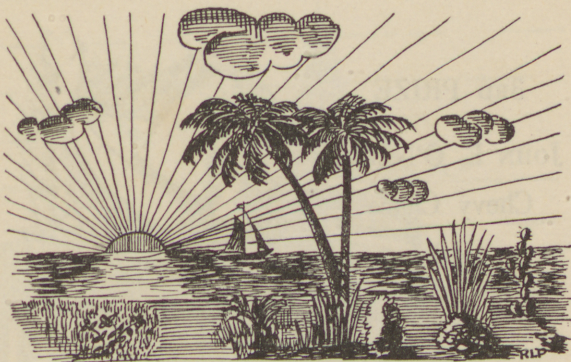
BAKED MAINE LOBSTER DE LUXE

(For 4)

- 4 large fresh Maine lobsters
- 3 small fresh Maine lobsters
- 2 tablespoons butter
- $\frac{1}{2}$ cup cream
- 2 egg yolks
- 1 cup lobster stock
- 1 cup small toasted bread cubes
- 2 tablespoons sherry

Drop lobsters into kettle of boiling salted water—boil 10 minutes. Set 4 large lobsters to one side, belly up so juice does not run out of shell. Remove meat from 3 small lobsters. Cook shells with celery, parsley and seasoning for 15 minutes—strain. This gives you your lobster stock. In double boiler melt butter, add cream, yolks of eggs—stir as this thickens; add lobster stock. Cook until the consistency of cream sauce. Remove from fire, add lobster meat and toasted bread cubes, sherry.

Next split your large lobsters. Remove intestinal vein, stomach and liver, cut under-shell from tail so meat will show, crack large claws, fill body cavity with dressing—be generous—sprinkle with bread crumbs. Bake in hot oven 500° F. for 10 minutes—set under broiler to brown crumbs if needed. Can be fixed all but cooking in oven several hours before ready to serve. Serve with melted butter.



2ND PRIZE

COLONEL HOWARD C. BRENIZER

Beverly Hills, California

MAINE LOBSTER a la ZUTTER

- 1 baby lobster, boiled and chilled
- 1 scraped carrot
- 1 sliced onion
- 1 tomato
- $\frac{1}{4}$ pound butter
- $\frac{1}{2}$ bottle white table wine, non-sparkling
- $\frac{1}{2}$ cup brandy
- 2 beaten egg yolks
- $\frac{1}{2}$ cup heavy cream

Remove meat from lobster shell in large pieces. Chop vegetables very fine and saute in $\frac{1}{8}$ pound butter, add wine and cook over low heat for about 30 minutes or until vegetables are done, stirring frequently. Saute lobster in balance of butter. Add brandy to the latter, light it and allow to burn out, and add this to the vegetables. Beat the egg yolks into half the cream and add to the foregoing. Cook for about $\frac{1}{2}$ minute, stirring constantly. Place all on a hot platter, put lobster head at one end, garnish with parsley, and serve on Melba Toast. If any liquid is left in lobster saute pan, add balance of cream thereto, heat, and pour over lobster mixture. Yield 4 portions.

3RD PRIZE

JOHN E. O'NEILL

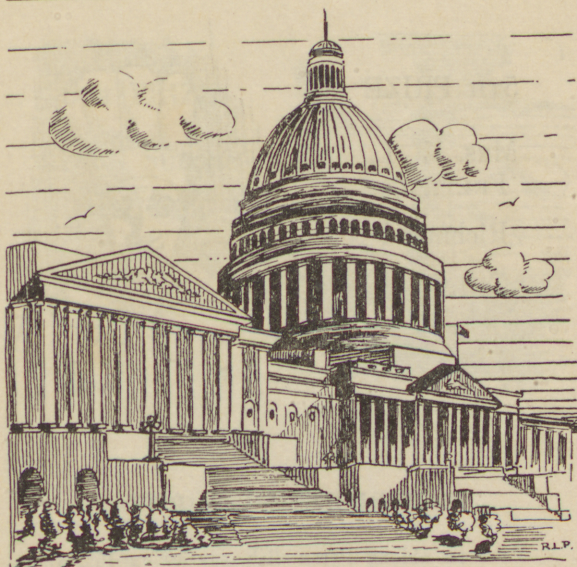
Chevy Chase

Md.



MAINE LOBSTER ESPANOL

Boil two 1½ or 2-pound lobsters. Split, clean, remove meat, cut in small pieces and set aside. Put the shells and claws into a kettle with 5 or 6 cups of cold water, a sliced carrot, a sprig of parsley, a sliced onion, 3 whole stalks of celery and boil until reduced to about 1½ cups of liquid. Cook 1 cup of rice and put in the bottom of a casserole. Prepare a sauce of 4 tablespoons of melted butter, 1½ tablespoons of flour thinned with the strained liquor to a medium consistency, add 1 glass of white wine, 1 tablespoon of lemon juice, ½ teaspoon salt, ½ teaspoon pepper, ¼ teaspoon paprika, add the lobster meat and pour over the rice in the casserole. Be sure to have the sauce fairly thin so that it will seep down through the rice. Cover the top with sliced tomatoes topped with salt and pepper and a small cube of butter. Simmer in the oven until ready to serve.



4TH PRIZE
E. F. HOGAN
Washington, D. C.

MAINE LOBSTER SCALLOP
(Serves 6)

- 2 lobsters (1½ pounds each)
- oyster crackers
- 1 pint light cream
- ¼ pound butter
- salt, pepper, paprika (to taste)

Plunge the live lobsters into boiling water head downward. Add 1 tablespoon of salt, cover kettle and keep boiling 20 minutes. When done plunge into cold water, cool and remove lobster meat from shell. Cut lobster into dice. Grease a casserole. Put in a layer of lobster meat, sprinkle with salt, pepper and paprika. On top of this sprinkle a large handful of crumbled oyster crackers. Add several chunks of butter (approximately 1 tablespoon butter for each chunk). Repeat the layers of lobster, seasonings, crackers and butter until all lobster is used. Place casserole in the oven at 350° for ½ hour.

5TH PRIZE

MRS. W. L.
FELTHAUS
Richmond
Virginia



MAINE LOBSTER a la PITZA

Take an oblong Pyrex dish, say 10" x 15", and cover bottom with olive oil. Make your favorite recipe for bread dough and cover bottom of dish with dough about $\frac{1}{2}$ inch thick. Cover this with thin slices of Switzer or Pravolone cheese. In a separate frying pan put a little olive oil. In this put $\frac{3}{4}$ can of tomatoes, 1 medium onion chopped, 3 small pods of garlic chopped, a pinch of basilico (basil), a pinch of tamerino, pinch of aerigino (Italian herbs preference), salt and red pepper to taste. Good a little hot. Fry this until thick and dry. Put a layer of this on the cheese. Now slice a thick layer of lobster on this (the lobster of course has been steamed in vinegar, red pepper, salt, Lea & Perrin, and celery seed). Sprinkle lobster with Parmesan cheese and salt. Put in oven to bake until bread is brown on bottom and cheese melted. Cut in squares and serve. This is wonderful for a main dish or served for an appetizer.

6TH PRIZE
LYMAN SULOFF
Havertown
Pennsylvania



MAINE LOBSTER SALAD

- 1 pound lobster meat
- 1 uncooked egg
- 4 hard-boiled eggs
- 1 teaspoon mustard (dry)
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{2}$ cup melted butter
- $\frac{1}{2}$ cup vinegar

Beat yolk of uncooked egg. Add the yolks of $1\frac{1}{2}$ hard-boiled eggs mashed together with the mustard, salt and vinegar. Mix well. Add alternately the melted butter and vinegar, beating all one way until thoroughly blended. Chop remaining hard boiled eggs and mix with lobster meat. Serve on lettuce and pour dressing over all.



7TH PRIZE

ALBERT G. BURNS

Alameda, California

MAINE LOBSTER a la CREOLE

Rub a stew pan with a piece of garlic. Put in 2 ounces butter, 2 small green onions and 2 green peppers, chopped fine; add salt and Cayenne pepper, and stew slowly 10 minutes. Add to this one large tomato, stewed until it is smooth; a few spoonfuls of cream, and a teaspoonful of flour. The mixture should be about as thick as drawn butter. Put in the meat of one lobster and serve on buttered toast.



8TH PRIZE

ERNEST HOFTYZER

Wellesley Hills, Massachusetts

SCRAMBLED EGGS WITH MAINE LOBSTER

A delicious luncheon dish is to scramble eggs with any left-over pieces of lobster cut into small pieces and $\frac{1}{8}$ teaspoon of grated raw onion mixed with 1 teaspoon of finely chopped parsley. Sprinkle with paprika and serve at once with 2 large broiled mushrooms as a garnish. It is better to salt and pepper the scrambled eggs just as they are ready to be served. If you like curry, sprinkle in a few grains just before eggs begin to thicken.

9TH PRIZE
IRWIN PARNES
Hollywood
California



MAINE LOBSTER CREOLE

Split the lobster and remove meat, placing shells and claws in the oven to heat. Brown in butter until a dark golden one small onion sliced and broken into rings. Add to onion as it browns, in this order: half a stalk of celery cut diagonally, half a green pepper cut into rings, $\frac{1}{4}$ cup of canned mushroom caps, and two ripe tomatoes. When tomatoes soften add equal amounts of tomato juice and liquid from mushrooms—about $\frac{1}{8}$ of a cup together. Season with salt, pepper, paprika, and a scant dash of chili powder. Add lobster meat and simmer for about 15 minutes, or the time it takes to make a tart green salad. Pile the mixture in the half shells, place briefly under open broiler and serve.

10TH PRIZE

E. F. ALLDREDGE

Los Angeles

California



MAINE LOBSTER ALLDREDGE

- $\frac{1}{2}$ cup butter
- $\frac{1}{4}$ cup flour
- 1 $\frac{1}{3}$ cup light cream
- 1 teaspoon thick condiment sauce
- 2 tablespoons sherry
- 2 tablespoons lemon juice
- 2 tablespoons Parmesan cheese
- dash pepper
- dash cayenne pepper
- 3 cups fresh lobster, cubed
- 3 egg yolks, well beaten

Melt butter in top of double boiler. Add flour and blend. Stir in cream; cook until smooth and thickened stirring frequently. Add remaining ingredients except egg yolks and heat. Just before serving pour over the well beaten egg yolks while stirring; blend thoroughly. Reheat quickly and serve at once. This recipe will serve 6 people.

The following recipes, submitted during the contest, are added because of their unusual nature and because they offer an interesting variation from the more common methods of preparation.

Other excellent methods of preparing Maine lobsters have been eliminated from this booklet as most good cook books offer the more popular recipes.

GLENN R. SHINKLE
Muncie, Indiana

MAINE LOBSTER ON TOAST

Meat from two freshly cooked Maine lobsters:

- 1—1½ lbs. cut in pieces
- 3 hard-boiled eggs, cut in pieces
- 3 tablespoons melted butter
- 3 tablespoons flour
- 1½ cups sherry
- 1½ cups cream
- ½ teaspoon salt
- Dash of cayenne
- Dash of thyme
- Dash of curry
- More of paprika

Melt butter, blend with flour, add cream and lobster. Cook until it thickens, stirring constantly. Add condiments, cook two minutes. Add sherry and salt—cook three or four minutes. Stir in lightly the eggs cut in pieces. Serve as is on hot buttered toast.

OR—place in buttered casserole, sprinkle with cracker crumbs and Parmesan cheese. Bake in hot oven six minutes.

HUGH D. MCKAY
New York
N. Y.



CHAFING DISH LOBSTER

- 1 pound meat from freshly boiled Maine lobster
- 2 tablespoons butter
- 2 truffles chopped
- 3 egg yolks
- 1 cup cream
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon paprika
- Dash of cayenne pepper
- 2 ounces dry sherry wine

Cut lobster into one-inch pieces. Melt butter in chafing dish. Add truffles, egg yolks well mixed with cream—then the lobster.

Cook until well thickened, stirring constantly, add salt, paprika, cayenne pepper and sherry wine and serve hot on squares of white toast.

E. J. MARSHALL, JR.

Toledo, Ohio

MAINE LOBSTER a la MARSHALL

Split and clean small lobsters, removing the claws, but leaving the tomalley in place. Dribble at least a tablespoonful of melted butter plus a teaspoonful of olive oil over each half. Dust very lightly with pepper and paprika. Place under moderate broiler for about 12 minutes. Add a little more butter and salt lightly. Return to oven and allow to steep or bake gently for another 8 to 10 minutes. While this entire operation is going on, leave the claws in a fairly hot oven, just being careful not to burn the shells under the broiler. Serve immediately with melted butter, ale, and a chilled green salad with a simple but tart French dressing.

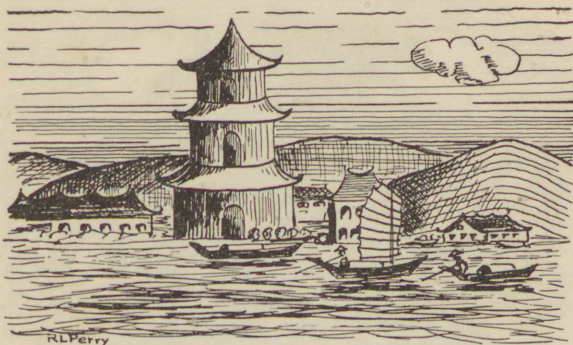
WALTER HOLL

Richmond, California

MAINE LOBSTER RAGOUT IN SHELLS

Place heat under a large pot of water which contains salt and about 10 peppercorns. Place lobster gently in the mildly lukewarm water. Let water boil about 7 minutes, then simmer aside about 45 minutes.

Remove lobster, dry, break off claws, tail, and split body into halves from head to tail. Pick out all meat, reserving coral, which should be pulverized. Brown $\frac{1}{8}$ pound butter with 2 tablespoons of flour then add $\frac{1}{2}$ pint bouillon with which the coral is incorporated. Then add 1 teaspoon of meat extract, pinch of salt, pepper, sugar and tablespoon lemon juice, 1 clove, bay leaf, small onion, 2 tablespoons Madeira, $\frac{1}{2}$ pint of white wine and 1 cup tomatoes. Strain off $\frac{3}{4}$ of a pint which is cooked $\frac{1}{2}$ hour and use this as gravy. Chop $\frac{1}{2}$ pint champignons, add 3 truffles and lobster to gravy. This is mixed and filled into buttered shells and baked in oven for 5 to 10 minutes.



CARL VON HOFFMAN
New York, New York

LOBSTER ORIENTAL

Fry one medium-sized, chopped onion with $\frac{1}{2}$ pound butter very slowly until onion is yellow and soft; then add one pound washed raw rice and cook slowly until brown.

Add to above $2\frac{1}{2}$ cups chicken broth and put the pan in the oven and cook 35 to 40 minutes at 350°F .

While above is in oven, take $\frac{1}{2}$ cup chopped onions, $\frac{1}{4}$ cup blanched almonds slivered, $\frac{1}{4}$ cup seeded raisins and mix well. Fry in two tablespoons melted butter until onions are soft and slightly browned. Remove from fire and add 1-inch stick cinnamon, 6 cloves and 2 bay leaves and mix thoroughly with rice mixture taken from oven.

Take two Maine lobsters, previously boiled, place on back and split lengthwise. Remove meat from shell and cut in small pieces and mix well with above. Save meat from claws, and after chopping fine sprinkle on top of mixed rice and serve.



L. FRED WIESINGER
Dellwood Highland, Maryland

LOBSTER CUBAN STYLE

- 1 cup fresh peas
- 2 pounds rice
- 2 small packages saffron
- 1 pound butter
- 5 pounds cut-up Maine lobster (meat only)
- 1 pint mushroom sauce
- 1 raw green pepper (cut-up dices)
- 2 pimentoes cut in dices
- $\frac{1}{2}$ pint white wine
- $\frac{1}{2}$ cup chopped raw ham
- 1 pint hearts of small artichokes
- 2 pints chicken broth
- $\frac{1}{2}$ cup chopped onions
- 2 sprigs garlic

Melt $\frac{1}{2}$ pound butter, add garlic, onions, lobster, ham and green pepper. Smother for five minutes, add wine, mix and stir well for two minutes. Then add saffron, rice and chicken broth, peas and pimentoes, cook them for twenty minutes covered (in the oven).

When you remove from oven, add $\frac{1}{2}$ pound butter and mix together. Serve with mushroom sauce and artichokes.

ROBERT PAUL JOURNAYVAZ

St. Paul, Missouri

LOBSTER THERMIDOR

(For 6)

First prepare as for boiled lobsters three $2\frac{1}{2}$ to 3 pound live Maine lobsters. Then cut off claws and cut shell lengthwise and clean thoroughly (care should be taken not to break the shell any more than possible as they are to be used later on). Remove meat from tail, shell and claws. Dice into good sized pieces— $\frac{1}{2}$ to $\frac{3}{4}$ inch cubes if possible.

Put in a large saucepan, $\frac{3}{4}$ pound of good creamery butter, heat, add two tablespoons chopped onion, $\frac{1}{2}$ pound fresh peeled mushrooms (sliced), then saute very slowly until mushrooms begin to color. Add lobster meat, also 1 teaspoon good paprika, $\frac{1}{4}$ teaspoon cayenne, $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon freshly ground pepper. Fold gently, cook slowly, moisten alternately with imported dry sherry wine, a little at a time, until approximately 3 ounces has been used. Then also fold in gently two cups of extra heavy cream, that has been previously heated.

Simmer slowly for 12 to 15 minutes. Separately, beat lightly six egg yolks and into the beaten yolks fold in 2 to $2\frac{1}{2}$ cups of extra heavy cream that has been previously heated. Add a few drops Lea and Perrin sauce. Then fold this into the lobster preparation very gently. Now fold in 3 ounces of good imported brandy.

Fill the lobster shells with this preparation. Sprinkle with buttered bread crumbs and place in oven 375° for 10 to 15 minutes. Before serving, if necessary to brown bread crumbs, place under broiler for a few seconds. Instead of bread crumbs, sprinkle with grated imported swiss cheese and place in oven as mentioned above.

LOUIS M. MACHACEK

Towson, Maryland

LOBSTER COCKTAILS

Allow $\frac{1}{4}$ cup of Maine lobster meat, cut in pieces, for each cocktail. Season with 2 tablespoons each, tomato catsup and sherry wine, 1 tablespoon lemon juice, 6 drops Tabasco sauce, $\frac{1}{8}$ teaspoon finely chopped chives, and salt to taste. Chill thoroughly, and serve in cocktail glasses.



PAUL M. SEGAL

Washington, D. C.

LOBSTER AVOCADO SALAD a la SEGAL

Cook 2 medium-sized Maine lobsters in a vinegar court-bouillon. The cooking should not be complete, but should continue for about 12 to 15 minutes. After the lobsters have been cooled, remove the shells and cut the lobster meat into approximately 1-inch cubes. Put these cubes to simmer in a skillet containing $\frac{1}{8}$ pound of sweet butter and 1 wine glass of Marsala wine.

Now select a large avocado on the slightly un-ripe side. Remove the skin and stone; cut the fruit into pieces of about the same size as the lobster pieces. Sprinkle with lemon juice and set aside.

In a small bowl place 3 egg yolks and $\frac{2}{3}$ of a cup of heavy cream. Season with about $\frac{1}{2}$ teaspoon of salt and a quarter teaspoon of monosodium glutamate and one pony glass of cognac. Stir, but do not beat.

Now add the avocado to the simmering lobster, stirring gently with a wooden spoon until the avocado is partially heated through. Add the egg and cream mixture to the skillet and stir slowly and steadily over a reduced flame until the sauce has thickened. Remove the entire preparation to a flame-proof dish and brown very lightly under a broiler. Serve garnished with very thin slices of ripe limes.

J. FRANK KNEBEL
Garden Grove, California

MAINE LOBSTER BISQUE

Combine the contents of:

- 1 can condensed tomato soup
- 1 can condensed pea soup

Add:

- 1 soup can of light cream
- 1 cup lobster meat

Heat just to boiling point, then add:

- 3 tablespoons sherry

Serve on buttered toast and decorate with parsley.

ALVIN HYATT PATTERSON
Baltimore, Maryland

LOBSTER LAURALEE

To:

- 2 cups thick white sauce

Add: (finely chopped)

- 2 tablespoons parsley
- 2 tablespoons chives
- 1 tablespoon green pepper
- $\frac{1}{4}$ teaspoon sweet pickle
- 1 teaspoon capers
- 1 clove garlic
- 1 hard-boiled egg
- 4 ounces canned mushrooms
- $\frac{1}{4}$ teaspoon dry mustard
- $\frac{1}{8}$ teaspoon celery seed
- 1 teaspoon bay leaf

Blend into sauce:

- $\frac{1}{4}$ cup brandy
- $\frac{1}{4}$ cup sherry

Then add:

Freshly boiled Maine lobster meat—enough to equal $1\frac{1}{2}$ pounds—cut the size of an unshelled almond.

Simmer for two minutes. Serve plain or on buttered toast.

FRED B. COWAN
Los Angeles, California

LOBSTER POLYNESIAN

- | | |
|-------------------------------|-------------------------|
| 4 quarts water | ½ teaspoon dry mustard |
| 1 cup sherry wine | 1 teaspoon curry powder |
| 2 fresh bay leaves | 1 pint milk |
| 1 teaspoon pickling spices | 3 drops tabasco sauce |
| 1 clove garlic | 2 tablespoons butter |
| 2 teaspoons chopped onions | 2 truffles |
| 3 medium-sized Maine lobsters | ½ pound mushrooms |
| 4 coconuts | 1 tablespoon flour |
| ½ pound mild cheddar cheese | |

Boil water to which is added wine, bay leaves, spices, garlic and onions—boil for 15 minutes and remove all seasonings from broth. Add live lobsters and boil twenty minutes—place in water head first. While lobster is boiling, in large double-boiler, melt butter, add flour and mix while adding milk gradually until it thickens; add cheese cut in small cubes and also cubed truffles and mushrooms. Then add seasonings and simmer slowly. Remove tops from coconuts and add cup of liquid to sauce. After lobster has cooked, remove from liquor, cut in ¾ inch pieces and add to sauce. Then place the sauce to which lobster has been added into the coconuts, place tops back on and bake in 350° oven for twenty minutes. Remove and serve just as they are in the coconuts.

M. R. WORCESTER
Washington, D. C.

LOBSTER "WORCESTER STYLE"

- | | |
|----------------------------------|---------|
| 1 Maine lobster (1½ to 2 pounds) | |
| 1 pint sour cream | |
| ½ pound fresh mushrooms | |
| Truffles (small amount) | |
| 1 egg | Paprika |
| Salt | Flour |
| Pepper | |

Directions:

Parboil lobster. Remove meat from shell, cut in bite-size pieces, dip in egg, that has been beaten well with about 1 tablespoon water added. Don't forget to add a dash of salt. Roll lobster pieces in flour and I suggest you shake the excess flour off each piece. Heat large heavy skillet and add "egg size" piece of butter. When butter is melted, and starts to sizzle, add pieces of lobster meat and saute until a deep golden color. This must be done at a low cooking temperature. In another pan saute the mushrooms which have been cleaned well and cut in halves. Add mushrooms, truffles, and chopped chives (tablespoonful) to lobster, blend well before adding sour cream, salt, pepper and paprika to taste. Stir mixture well and continue stirring while allowing lobster mixture to cook for another 15 minutes.

Serve on rounds of toast that have been spread with butter and anchovy paste. Will serve three people.



WALTER SLAVIK
McLean, Virginia

LOBSTER SALAD REMOULADE

Make a court-bouillon by simmering slowly for 30 minutes, 3 quarts water, 2 tablespoons salt, 1 onion sliced, 1 carrot sliced, 1 cup dry white wine, several crushed peppercorns, 1 bay leaf, 6 sprigs parsley, 1 stalk celery and a clove of garlic. Bring to a boil at the end of the 30 minutes and plunge two live Maine lobsters into the liquid. Cover and cook for 15 minutes. Remove from fire, uncover and let set for 15 minutes.

Remove lobsters from liquid and take meat out of body and claws. Sprinkle with two tablespoons of French dressing and marinate in a cool place for one hour.

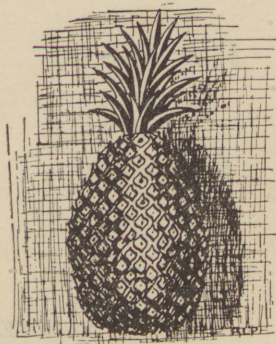
Make a Remoulade dressing by adding to 1 cup mayonnaise (made with olive oil), 3 tablespoons chopped parsley, 1 clove garlic mashed, 3 tablespoons chopped chives, 1 tablespoon capers, $\frac{1}{2}$ teaspoon dry mustard, $\frac{1}{2}$ teaspoon tarragon wine vinegar, a little chopped dill pickle and a finely chopped hard-boiled egg. Blend thoroughly and let stand in refrigerator for one hour before using.

Arrange lobster meat on a bed of salad greens and serve with the Remoulade dressing. This recipe serves four.

SAM R. DAMON

Honolulu

Hawaii



LOBSTER CURRY

Boil the Maine lobsters and prepare the meat in chunks.

Curry Sauce: One fresh coconut grated after removing the brown skin or $\frac{1}{2}$ pound either fresh frozen or Dromedary coconut, 1 pint milk and liquid from fresh coconut if used, 1 onion chopped fine, 2 cloves garlic chopped fine, 1 tablespoon flour, 2 tablespoons curry powder, 1 tablespoon butter, $\frac{1}{2}$ cup hot water, salt, pepper and chili powder to taste, finely chopped green ginger root (optional).

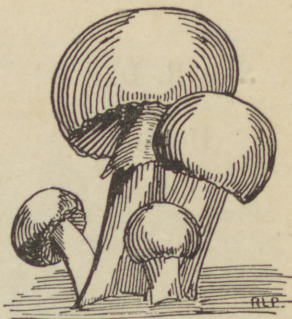
Preparation: After the coconut has been grated, soak for three hours in the milk and the liquid from the coconut if available. Fry onion, garlic, curry powder, salt, pepper in the butter. Do not burn or brown. Add the hot water and boil till tender. Just before serving add the milk obtained by straining the coconut-milk mixture and squeezing it dry (this coconut to be strained through fine meshed cloth), thickening this milk with one tablespoon flour, taking care not to bring sauce to boiling point thereby avoiding curdling. Warm the lobster chunks and add before serving.

Serving: Preferably Carolina long rice should be used and spoonfuls of the lobster placed over the rice. Condiment dishes consisting of chopped fried bacon, chopped hard-boiled eggs, chopped green bell peppers, chopped almonds, chopped bombay duck or flaked cod fish dried in the oven and then chopped fine. These condiments, together with Mango Chutney (preferably Major Gray's) are passed and sprinkled over the curry to the taste of the delighted Epicurean.

J. A. PATCH

Hartford

Connecticut



MAINE LOBSTER—MUSHROOM FRICASSEE

- | | |
|---|--------------------------------------|
| 1 cut clove of garlic | 1 medium onion—minced |
| 2 tablespoons butter | $\frac{1}{4}$ pound mushrooms—sliced |
| $1\frac{1}{2}$ tablespoons flour | |
| $\frac{1}{4}$ teaspoon each of powdered clove, nutmeg, and mace | |
| 1 cup rich chicken stock (bouillon cubes) | |
| 1 tablespoon walnut ketchup | |
| 2 cups cooked Maine lobster meat—cut into pieces | |
| Salt and cayenne to taste | |
| 2 ounces dry white wine | |

Rub top half of chafing dish with cut clove of garlic and place over open flame. Melt butter therein, and saute onions and mushrooms until soft.

Place chafing dish in larger pan of hot water. Blend in flour and seasonings. Add chicken stock and walnut ketchup, stirring until smooth and slightly thickened.

Add lobster meat and heat thoroughly, add wine, and salt and cayenne as desired.

Serve at once on toast, accompanied by balance of wine. Serves 4.

Lt. L. B. ROZHON
Berwyn, Illinois

MAINE LOBSTER WITH BRANDY SAUCE

After the lobster is boiled, crack and remove all meat keeping pieces as whole as possible. Have prepared the following sauce:

- | | |
|---|-------------|
| 1 cup of chopped parsley, minced fine | 3 egg yolks |
| Pinch of each of the following spices: | |
| mace, pepper, nutmeg and ginger | |
| Brandy (tepid) $\frac{1}{2}$ cup or more can be used depending on amount of sauce that is desired | |

Mince fine a cup of parsley, then add the three egg yolks and cream well together. Add $\frac{1}{2}$ cup of tepid Brandy or as much as desired to make the amount of sauce wanted, then add the mace, pepper, nutmeg and ginger (pinch of each). Simmer slowly for about 5 minutes, stirring constantly. When nice brownish color remove from heat and pour over lobster which has been placed in a deep dish. May be eaten warm or set aside to cool. I prefer it nice and warm. Served with crisp crackers.

