



Maine Lobster



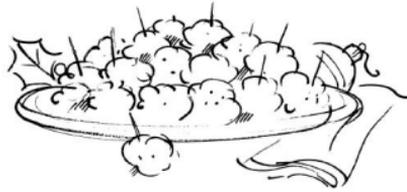
LUSCIOUS LOBSTER AU GRATIN ❀ CURRY-STYLE LOBSTER &



Recipes For The

SCALLOP COCKTAIL ❀ TEMPTING LOBSTER PUFFS ❀ ENTICING

Holidays



LOBSTER PÂTÉ ❀ SURPRISE YOUR FRIENDS & FAMILY



No More Ho-Ho-Hum!

The holidays are a perfect time to serve Maine lobster. Introduce a new tradition this year by serving one of these deliciously festive Maine lobster recipes. No more ho-ho-hum...guaranteed!



LOBSTER PUFFS

About 24 puffs

1/2 lb.	Maine lobster meat, chopped
2 cups	flour
1/2 tsp.	salt
several	dashes of cayenne pepper
3 tsp.	baking powder
1	egg, beaten well
1 cup	milk
2 cups	peanut oil for frying

In a large mixing bowl, sift together flour, salt, cayenne pepper and baking powder. In another bowl, blend together the egg and milk, stir in the lobster meat. Add this to the flour mixture and mix well.

Heat the peanut oil in a large skillet until hot, but not smoking, or in an electric fryer set at 365 degrees. Drop the lobster mixture by rounded tablespoonfuls into the hot oil, and fry 3 minutes or until golden. Allow plenty of room in the pan for the puffs to cook. Drain on paper towels and keep warm until all are done. Serve piping hot as an appetizer or as a first course with tartar sauce.



ILLED LOBSTER AND SCALLOP COCKTAIL WITH CURRY DRESSING

Serves 12

- 1 ½ lbs. Maine lobster, cooked and diced
- 1 ½ lbs. scallops, poached (court bouillon)
- 1 head romaine lettuce - julienne strips

Combine and chill:

- 1 cup mayonnaise
- 2 cups sour cream
- 1 ½ tbsp curry
- 2 - 3 tbsp chutney
- 1 tbsp horseradish
- ½ tsp fresh lemon or lime zest

Lay greens in 12 champagne glasses and distribute seafood over greens.
Top with sauce and garnish with a holly sprig.



LOBSTER PÂTÉ

Serves 16-20

- 1 lb. Maine lobster meat, finely diced
- 3 lbs. softened cream cheese
- 1 cup sour cream
- 2 tbsp. each of minced parsley, chives, tarragon, and chervil
- ½ lemon juice of
- to taste salt and pepper

Combine all ingredients in an electric mixer. Mix on low speed until thoroughly combined. If mixture is too thick, add additional sour cream to reach the desired texture.

Mold onto a serving platter and garnish with assorted crackers and vegetable sticks.

Recipe courtesy of the Snow Squall Inn, Portland, Maine



LOBSTER AU GRATIN

Serves 12

Here's the perfect Maine lobster recipe to prepare ahead and pop in the oven just before guests arrive. It also travels well and is sure to impress your hostess and other guests.

- 3 cups Maine lobster meat
- 3 cups crab meat or haddock
- 3 cups light cream
- 6 egg yolks
- 3 tbsp. rice
- 6 tbsp. butter
- 3 tbsp. flour
- 3 tbsp. sherry
- to taste salt and pepper

Mix ingredients together and pour into a buttered casserole. Sprinkle with ground bread crumbs and dot with butter. Bake in a hot oven, 400 degrees, 15 to 30 minutes.



Maine Lobster

A Festive and Healty Choice

Serving Size 3 1/2 oz	Saturated Fat-grams	Cholesterol-mgss	Total Calories
Ground Beef	7.2	87	272
Skinless Chicken	0.4	86	140
Skinless Turkey	1.3	85	173
Lobster	0.1	72	98

