



Lobster Video Recipes

New England Lobster Rolls

Yields 2 lobster rolls (you might say serves 2 but I eat both)

Lobster rolls can be regional, and people tend to be very particular and defensive about where the best one is made. Feel free to experiment with flavors you feel best suit your taste.

- 2 Split-top hot dog rolls
- 3 tablespoons melted butter

- 1 1 ½ pound lobster, steamed, meat removed and coarsely chopped
- Small amount of mayonnaise, about 2-3 tablespoons
- 1 tablespoon fresh lemon juice, must be freshly squeezed
- 1 tablespoon fresh chopped chives
- Tiny sprinkle of cayenne pepper (can be omitted if sensitive to spicy food)
- Salt and fresh pepper to taste

Optional: Potato chips and dill pickle for serving.

Open the split-top hotdog rolls and brush both sides, inside and out, with butter.

Grill lightly on both sides. You can use an outdoor grill or grill pan.

Combine the next 5 ingredients in a bowl and mix well.

Season with salt and fresh pepper.

Divide the lobster mixture between the 2 rolls and serve with potato chips, pickle, and enjoy.

Lobster Pot Pies Topped with Puff Pastry

(Serves 4)

- 2 tablespoons butter
- 3 tablespoons regular olive oil
- 2 cups thinly sliced leek, light green and white parts only
(you can substitute chopped shallot in place of leek)
- $\frac{3}{4}$ cup diced carrot
- 4 tablespoons flour
- 1 $\frac{1}{2}$ cups seafood stock, can substitute bottled clam juice
- $\frac{1}{2}$ cup heavy cream
- 4 tablespoons dry sherry
- 2 tablespoons fresh chopped herbs, tarragon and or chives
- 1 $\frac{1}{2}$ tablespoons fresh lemon zest
- $\frac{1}{2}$ cup fresh or frozen peas, if using fresh peas add with leek and carrot
- Salt and fresh pepper to taste
- 2 1 $\frac{1}{2}$ pound lobster, steamed, meat removed and coarsely chopped
- 4 12-ounce ramekins or similar size single serve baking dishes
- 1 sheet puff pastry, thawed but kept cold
- 1 egg combined with $\frac{1}{2}$ tablespoon water whisked for egg wash

Add the butter and olive oil to a 3-4-quart saucepan over medium heat. When the butter is melted add the leek and carrot. Also add the peas if using fresh peas. Cook until tender.

Sprinkle the flour in and continue to cook while stirring for about 3 minutes until all the vegetables are nicely coated with the flour.

Add the seafood broth or clam juice and stir until the mixture thickens then stir in the cream, sherry, lemon zest and herbs. Continue to cook until the mixture comes to a simmer then season with salt, fresh pepper and cayenne if using them stir in the lobster meat and cook for -2 more minutes just till lobster meat gets warmed through.

Distribute the mixture evenly between the 4 ramekins and top with puff pastry. You can precut puff pastry into squares a tiny bit larger than the opening of the ramekins then lay on top and trim round with a paring knife. Brush with egg wash.

Arrange ramekins on a baking tray and place in a preheated 425-degree oven and bake for about 15-20 minutes until pot pie mixture is bubbling and puff pastry is golden brown and crispy on the edges. Serve immediately.

Blueberry and Peach Galette with Toasted Almonds

(serves 6-8)

- 3 ripe peaches
- 2 demi-pints fresh blueberries, you can substitute frozen unsweetened
- 1 lemon
- $\frac{3}{4}$ cup granulated sugar
- 1 tablespoon cinnamon
- 3 tablespoons cornstarch

- 4 tablespoons toasted sliced almonds
- 1 sheet pre-made puff pastry dough
- 1 egg, lightly beaten for egg wash
- 1 sheet of parchment paper

Cut the peaches completely around from stem to stem and twist to separate. Remove the pit then cut into $\frac{1}{4}$ slices. Squeeze some lemon juice over the peach slices and toss in a stainless bowl.

Combine the blueberries, peaches, granulated sugar, cinnamon, and cornstarch and mix until everything is well coated with the sugar and cornstarch.

Line a $\frac{1}{2}$ sheet pan or rimmed cookie baking pan with parchment paper.

Lay out the puff pastry on the center of the parchment paper lined tray and dump the peach blueberry mixture in the center of the puff pastry. Sprinkle the toasted almond slices on top. Brush the edges of the puff pastry with egg wash and fold over pastry dough all around to form what looks like a pouch with the center open. Brush the top surface of the puff pastry with egg wash. Bake in a preheated 400-degree oven for about 30 minutes or until pastry is golden brown. Check for doneness by piercing the pastry with a skewer to see if peaches are tender. Bake longer if needed to achieve both golden brown exterior and tender peaches.

Allow to cool a bit before cutting. Serve warm if possible. A scoop of your favorite ice cream on top couldn't hurt when serving.

Sincerely yours,
David P. Martone, CCP

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