

Fresh, Maine Lobster Roll

Kathy's Take: A classic Maine lobster roll contains fresh lobster meat tossed with mayonnaise and, sometimes, finely chopped celery. That's it. The salad is stuffed into a buttered and grilled hot dog roll. You can do it the old-time Mainer way, but I happen to my like my (slightly yuppy) version better, combining fresh cooked lobster meat with just a touch of mayonnaise spiked with lemon juice, lemon zest, chives, and scallions. And I like serving it on pieces of buttered, grilled baguette because I love the crunch and texture of French bread with the tender lobster meat.

Recipe:

2 one-pound lobsters, or 1 cup cooked lobster meat

1 ½ to 2 tablespoons mayonnaise

1 ½ teaspoons fresh lemon juice

½ teaspoon grated lemon zest

1 tablespoon minced fresh chives

1 tablespoon very finely chopped scallion

Freshly ground black pepper

1 tablespoon butter

Two 3-inch pieces of baguette or crispy bread, or two hot dog rolls

*1 ½ if you like a less creamy lobster roll and 2 tablespoons if you like it creamy

Fill a large pot with about 2 to 3 inches water and bring to a rolling boil over high heat. Add the lobster, shell side down, cover and cook for about 11 minutes, or until a leg pulls out of the body easily. Remove from the boiling water and let cool.

Separate the tail from the body. Using a fork remove the tail meat from the tail. Crack the claws and remove the meat. Enjoy the bodies. Cut the tail in half lengthwise and remove the thin black vein. Coarsely chop the tail and claw meat and set aside.

In a bowl mix the mayonnaise, lemon juice, zest, chives, scallions and pepper to taste. Fold in the lobster meat. You can make the lobster salad ahead of time, but not by more than 3 to 4 hours. Cover and refrigerate.

In a skillet melt the butter over low heat. Cut the baguette pieces in half lengthwise and brown the inside of the bread in the melted butter until it just begins to turn golden brown. Alternately, melt the butter and brown the hot dog rolls until they begin to turn a golden brown, flipping them over so they get toasted and buttery on both sides. Divide the lobster mixture between the bread or the rolls. Serves 2.

You Could Also Add...

* 1 tablespoon drained capers

* 2 tablespoons finely chopped celery

* Lime juice and zest instead of lemon

* Buttery, tender lettuce leaves

* Slices of ripe tomato

- * A strip of cooked country style bacon
- * Thin slices of buttery avocado
- * Very thin slices red onion