



Recipes

PROGRAM 9 - SEGMENT 3

Blue Plate Oysterette Recipe

LOBSTER ROLL

METHOD

Remove flesh from 1 cooked Maine Lobster or take 1 cup of fresh lobster meat. Cut meat into chunky pieces and place in a mixing bowl. Add chopped chives, chopped shallots, chopped pickled relish, a little mayonnaise, fresh lemon juice, salt and pepper and special ingredients to taste e.g. lemon zest, Worcestershire Sauce.

Take a long bread roll that has been brushed generously with parsley butter and toasted. Split down the centre and fill with prepared lobster mixture. Sprinkle with fresh chopped chives.

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