



2007 Maine Lobster Festival Seafood Cooking Contest Recipes

First Place – Sharon Jordan

Lobster Fettuccini

1 ½ lb lobster meat	4 cloves fresh garlic, chopped
Olive oil, enough to coat pan	1 teaspoon salt
1 teaspoon dried basil	½ cup fresh Italian parsley, chopped
Fresh ground pepper	½ pint heavy cream
8 oz light cream	½ cup fresh parmesan cheese, shredded
1 small container fresh pesto	1 box plain fettuccini

Chop lobster meat and sauté with olive oil and garlic. Add heavy and light cream. Add ¼ cup parmesan cheese, salt, pepper, parsley (save a little for garnish), and basil. Bring to a simmer. Cook fettuccine in large stock pot for 5-6 minutes. Drain. Add pasta to cream and lobster mixture. Add pesto. Sprinkle with ¼ cup parmesan cheese. Garnish with a little fresh parsley.

Second Place – Chris Oliver

Seafood Stuffed Halibut with Lobster Newburg Sauce

1 sleeve Ritz Crackers	6 tablespoons butter
8 oz Maine crabmeat	2 tablespoons scallions, minced
2 cloves garlic, minced	2 lemons
2 tablespoons white wine	Old Bay seasoning
Extra virgin olive oil	Fresh parsley
1 tablespoon cooking sherry	3 6 oz Halibut filets, halved
9 Maine deep sea scallops, halved	1 can cream of shrimp soup
¼ - ½ cup whole milk	Meat from 1 cooked lobster (save best pieces for garnish)

Stuffing: Crush 1 sleeve Ritz crackers, set aside. Melt 6 tablespoons butter in sauté pan over low heat. Lightly sauté crabmeat in butter. Add crushed crackers and blend. Season with scallions, garlic, juice of 1 wedge of lemon, splash of wine, and Old Bay seasoning to taste. Set mixture aside.

Prepare Halibut: Oil 6 oval individual casserole dishes with extra virgin olive oil. Place halibut in dishes and top each portion with 3 slices of scallops. Lightly spoon stuffing on top. Place dishes on a large flat pan for ease of handling. Bake at 375 degrees for 30-40 minutes until golden brown.

Prepare Newburg Sauce: In sauce pan mix cream of shrimp with milk. Add chopped lobster tail meat. Add splash of cooking sherry to taste. Gently heat Newburg sauce and stir occasionally. Keep sauce warm over water until needed.

When halibut is done, spoon small amount of sauce over top of stuffing and set casserole on serving plate. Garnish top with pieces of lobster claw meat and garnish plate with parsley and lemon wedges.

Serve extra Newburg sauce in a bowl.



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Third Place – Nicole Guarino, John Davidson

Lobster with a Basil Martell Cognac Cream

4 lobsters, 1 ½ lb each
½ cup white wine
½ Martell cognac
½ cup heavy cream
Phyllo dough cups

Salt and pepper
4 tablespoons butter
12 large basil leaves, chopped
Chicken stock

Steam lobsters 3-4 minutes, until cooked ever so slightly. Cool and remove meat from shells, utilizing both claws and tail. Save the knuckle meat and other lobster scraps, including roe, for the sauce. Place lobster in a buttered baking dish. Add salt, pepper and white wine. Cover with parchment paper. Bake in preheated oven for 6-8 minutes at 350 degrees.

In sauté pan, melt butter over medium heat. Add reserved lobster meat and cognac. Add chicken stock and reduce. Then add heavy cream and bring to a boil. Add chopped basil. Fill phyllo cups with lobster meat then drizzle with basil Martell cognac cream. Garnish with parsley.

Finalist – Karen Troth

Lobster Puffs

1 lb lobster meat (cooked and shredded)
1 tablespoon mayonnaise
1 tablespoon Old Bay seasoning

1 pkg softened cream cheese
½ tablespoon Worcestershire sauce
1 loaf Italian bread, sliced ¼ - ½ inch thick,
crusts removed

Mix all the ingredients except the bread. Lay bread on cookie sheet and spread the lobster mixture on each slice. Place under broiler for 1 minute to brown.