

Maine Lobster Festival 2008 Seafood Cooking Contest results announced

Winning recipes and finalists featured

First Place: Maine Shrimp Chimichanga by Jan Campbell, Hope, Maine

Ingredients:

1 lb fresh Maine shrimp, shelled & cooked. You can either sauté with a bit of garlic and olive oil or bring salted water to a boil, add raw shrimp. Bring back to boil, rinse immediately.

Add to:

1/2 cup green onions, sliced & diced
1/2 cup shredded Monterey Jack Cheese
1/2 cup shredded Sharp Cheddar Cheese
1/2 c chopped fresh cilantro
1/2 cup diced fresh tomato
2 cup chopped fresh baby spinach
Salt and pepper to taste
1/8 tsp red pepper

Combine with:

8 oz. Sour Cream
Wrap 1/2 cup mixture in a warm tortilla

Directions:

I open the bag of tortillas and put it in the microwave for about 2 minutes. This will make the tortillas soft and pliable. Fold opposite sides towards center, roll from the top, making sure sides are sealed in. Place in electric fry pan or skillet over medium-high heat with 1/2 inch of canola oil. Cook until golden brown on both sides (about 3 minutes). Serve cut in half on the diagonal. May be served hot with a salad, or cooled to take on a picnic (store in cooler) Makes 6-8 servings.

Entire recipe takes about 15-20 minutes to prepare and cook. This recipe can be modified to use lobster meat, crab meat, bay scallops, or haddock, but the shrimp version is my family's favorite. I have also prepared part of this recipe without seafood for my vegetarian friends.

Second Place: Double Stuffed Sea Scallops, by Ellie Souza, Dover, New Hampshire

Ingredients

2 sticks of butter
3 cloves garlic chopped
 $\frac{1}{2}$ cup diced green peppers
 $\frac{1}{2}$ cup diced red peppers
 $\frac{1}{2}$ cup chopped chives
2 pounds sea scallops
8 ounces fresh or canned lobster meat
8 ounces fresh or canned crabmeat
1 cup Ritz crackers, crushed
1 cup Ritz roasted vegetable crackers, crushed
1 cup Cheez-it crackers, crushed
1 cup seasoned bread crumbs
1 cup of mozzarella
Lemon to taste
Parsley if desired

Directions:

Sauté butter, garlic, red and green pepper, chives and $\frac{1}{2}$ pound of the sea scallops for 10 minutes over low heat. Place crackers and Cheez-it crackers in freezer bag and crush. Add breadcrumbs. Set aside. If using canned lobster and crab meat, drain. Cut lobster in small pieces. Add lobster and crabmeat to cracker mix. Remove butter mixture from stove. Chop cooked scallops into small pieces. (they should be slightly undercooked). In large bowl or container add crackers and breadcrumbs. Add butter mixture and seafood. Mix together. Lastly add in mozzarella and a squeeze of lemon. Take remaining sea scallops and slice each one in half (make top half slightly thinner than bottom half). Arrange thicker pieces on cookie sheet or baking pan. Spread stuffing mixture on each scallop. Place thinner scallop on top of stuffing. (like a sandwich). Add more stuffing on top. If you have parchment paper wrap around scallops to form or just use your hands.

Bake at 375 degrees for 20-30 minutes (depending on size of scallops). Garnish with lemon and parsley if desired.

10 minutes prep time. 10 minutes sauté time. 15 minutes assemble time. 20-30 minutes cooking time. Total cook time 55-60 minutes

Third Place: Baked Stuffed Lobster Tail on a Cedar Plank, by
Christopher Oliver, Rockland, Maine

Ingredients:

6 Lobster Tails from "Shucks Maine Lobster"*
1- Sleeve of Ritz crackers-crushed
1- $\frac{1}{4}$ lb. stick of Cabot butter, melted
Salt and pepper to taste
 $\frac{1}{4}$ cup chopped cilantro
 $\frac{1}{2}$ lb. of fresh Maine crabmeat
1 t. Old Bay seasoning
Sprig of parsley to garnish

Directions:

Soak 6 Cedar planks in water for 2 hours.
Gently toss cracker crumbs, butter, salt & pepper, cilantro, crabmeat
and Old Bay seasoning. Reserve 2 Tablespoons of butter

Divide stuffing into 6 mounds on the cedar planks. Top each mound with
a "Shucks Maine Lobster Tail".

Brush each tail with some of the melted butter. Bake for 20 minutes at
375 degrees. Serve on a plank. Serve with a side dish of Roasted Corn
Salsa.

Roasted Corn Salsa

4 Ears of Corn-roasted
1 red onion-chopped
2 jalapeno peppers, diced
Olive oil to give proper consistency
Salt and Pepper to taste
2 Tablespoons chopped cilantro
(The salsa will be made ahead of time and is not part of the contest.)
* "Shucks Maine Lobster" is a new method of processing fresh, raw
Maine Lobster.

Fourth Place: Lobster Capellini with Herb and Lobster Oil by Antonia Ionescu, Furlong, Pennsylvania

Ingredients:

8 ounces organic capellini pasta
Meat reserved from lobsters below
 $\frac{1}{4}$ cup lobster oil
1 tsp finely chopped tarragon
2 Tbs finely chopped chives
2 tsp tamari
2 tsp mirin
1 clove garlic, minced
Pinch salt and white pepper

Directions:

Blanch capellini in boiling water until just al dente. Strain and cool in ice water, drain well and set aside.

Combine the lobster oil, lobster meat, tarragon, chives, tamari, mirin, garlic, salt and white pepper in a cold sauté pan. Turn on heat to medium high. When lobster meat starts to change color and sizzle slightly, add drained pasta. Toss well to combine until pasta is heated through. Adjust seasoning and serve. Serves 4 as an appetizer or 2 as a main course.

Lobster Oil

Ingredients:

2 $1\frac{3}{4}$ - 2 pound Live Maine lobsters
1 onion, finely chopped
2 shallots, finely chopped
2 sticks celery, finely chopped
1 medium carrot, finely chopped
2 cloves garlic, finely chopped
6 sprigs thyme
2 sprigs flat-leaf parsley
Pinch cayenne pepper (optional)
4-5 Tbs tomato paste
Water to cover
10 ounces grape seed oil

Directions:

Steam lobsters for 4 to 5 minutes or until half cooked. Blanch in ice water to stop cooking. Drain.

Remove meat from lobster. Cut into small to medium pieces and chill until needed. Place shells in medium pot and crush with a hammer. Add a few drops of grape seed oil and sauté on medium-low until dry. Add onion, shallot, celery, carrot, garlic, thyme, parsley and cayenne pepper and sweat over medium-low heat until vegetables are translucent.

Add tomato paste and, being careful not to burn, fry paste for 1 minute. Add water to cover and the oil, stir well and bring to a boil. Simmer uncovered for 45 minutes to 1 hour and strain. Let the strained mixture cool and settle for 10 minutes. Carefully pour off oil and refrigerate until needed. Lobster oil also can be brushed on baguettes and then toasted and served on the side.

Finalist: Seafood Strudel, by Mary Brett Rabaioli, Camden, Maine

Ingredients:

1 cup mushrooms, chopped
4 cloves garlic, chopped
2 tablespoons olive oil
 $\frac{1}{2}$ pound Maine shrimp, peeled
 $\frac{1}{2}$ pound sea or bay scallops, chopped
 $\frac{1}{2}$ pound picked Maine crabmeat
 $\frac{1}{2}$ pound Maine lobster (this recipe uses frozen for ease of use), chopped
1 cup white wine
Salt and pepper to taste
Dash of cayenne pepper and paprika
1 package Pepperidge Farm Puff Pastry (found in the freezer section)
2 containers (8 ounce) each of light Boursin cheese
3 tablespoons melted butter

Directions:

Heat oil in skillet over medium-high heat until hot (approximately 2 minutes) and add mushrooms and garlic. Sauté until garlic is lightly

browned and mushrooms are tender (about 3 minutes). Add white wine and seafood. Cook seafood approximately 5 minutes until shrimp are pink and scallops are opaque. Drain off any excess liquid and then add salt, pepper, cayenne and paprika to taste.

Roll out each sheet of pastry dough until seams are gone. Spread each square of dough with one container of Boursin cheese. Spread the cheese evenly and use one carton per square. Divide seafood mixture and place one half of mixture into center of each pastry. Fold dough over the mixture toward the center and seal with your fingers. Close ends of pastry and trim off any excess and reserve. Place strudels seam-side up, evenly centered on a non-greased baking sheet. Decorate center with trimmed pastry in pattern of choice. Brush mixture with even amount of butter. Place pastries in center rack of oven for 20 minutes or until pastry is lightly browned. Remove and let stand for two minutes. Slice and serve with a mixed green salad. Makes a wonderful appetizer or a nice main course. Each pastry serves six to eight as an appetizer or four to six as a main course. Prep time: 20 minutes. Cooking time: 20 minutes.