



## Maine Lobster Festival 2011 Maine Seafood Cooking Contest Recipes

### 1<sup>st</sup> place: Pan Seared Sea Scallop & Lobster Medallions With Lemon Butter Sauce Russ James, Plainville, Conn.

This fantastic Maine seafood combination is hard to beat. Can be served as an elegant appetizer or as a main entrée at your backyard picnic. It's fun to make and is easy to serve. A great way to introduce inlanders to the classic rich flavor of our New England Ocean without the mess of nutcrackers and lobster bibs!

#### *Ingredients:*

4 Maine Lobsters, (chix) 1-¼ lbs each.  
1-½ lbs of large sea scallops, fresh.  
1 bunch of fresh broccolini (small heads of broccoli will due).  
Sea salt (in a small cup for pinching) & fresh crushed black pepper in another cup.  
1-tablespoon extra virgin olive oil  
½ lb of butter

#### *Directions:*

Put lobsters in large covered pot. Add 2 inches of water, just enough to steam them. When steam comes out, cook for 20 minutes & remove from heat. Spill lobsters out into sink and spray with cold water, removing white yogurt looking stuff (lobster blood). Set them aside for cooling.

While lobsters are cooking, spread out a 5-sheet length of paper towels. Lay sea scallops atop the towels. Lay another 5-sheet length atop the scallops and lightly press down to dry the scallops, top and bottom. Get them as dry as possible. Dust the tops and bottoms with salt & black pepper.

Pre-heat large saucepan until the edge is too hot to touch with the side of your hand. Add olive oil and one small cube of butter until melted. One by one place scallops into pan. Do not overcrowd pan! It may take several separate pan cooking's to do them all. Flip them around with tongs as they become brown. When they're done remove, set aside, and sear the next batch. You may have to add more oil and butter to the pan should it become dry.

Don't overcook the scallops! Here's how to tell when done: Make a tight fist with your left hand. Use the index finger on your right hand to poke the soft meaty part of your left hand, just below the thumb. Tap the scallops with the tong. If they feel like that soft part of your hand, THEY'RE DONE! Remember, they will continue cooking for a short time after being removed from the heat. Set all cooked scallops in a covered bowl to stay warm & moist.

In the meantime, place a small steamer pot on to boil. Cover and steam your broccolini.

Lobsters will now be cool to handle. Remove claws and pull lobsters breastplate out. Pick the meat out of small legs and thoracic shell pockets. Use a spoon to scrape the tomalley (green stuff) and red roe out of lobster. Set the tomalley and roe aside in separate dish. Crack open claw and remove meat, also set this aside.

Twist the tail section from the body. Use kitchen scissors to cut along the length of the underside of tail shell,

front to back. Press down on shell edges and it will crack open. Pull chunk of tail meat out and set out on cutting board. Make a shallow slice down the bottom center of tail meat. Remove & discard the dark strand, especially where it thickens at the tip of the tail. Press tail meat flat on cutting board and slice it into crosswise pieces, making thin round medallions, about ¼ of an inch thick.

Use kitchen scissors to cut each of the 4 carapace shells. Trim along the edges to make a wider opening and trim the bottom so that it sits nicely upon the plate!

*Plating:*

Intermingle scallops & lobster medallions piled high in center of plate. Crumble tomalley atop the pyramids. If you were lucky enough to have found red roe, use this as the crowning glory on each mound of succulent seafood.

Place the carapace, standing, as if to be offering its bounty. Stuff one broccolini stalk into the carapace that delicately flowers out atop seafood, looking like a spray of sea kelp. Lastly, drizzle lemon butter sauce (see separate instructions) over the entire seafood medley, until it makes a golden pool of deliciousness in the plate!

*Total cooking time: 40 minutes Serves: 4*

### **Lemon-Butter Sauce**

I made a delicate white butter sauce from some common things found around the kitchen. It starts with white Riesling wine and shallots, and ends with cream sherry, lemon & butter. Once you try it you'll find it easy to make, and delicious with any seafood. You'll be pleasantly surprised with the rich mellow flavor. One word of warning: This delicious topping has a "one time only" shelf life. In other words, this ambrosia cannot be refrigerated. After that, it separates and does not taste the same. While it's warm try it on cod, scallops, lobster or other white fish to add the air of eloquence to any party.

*Ingredients:*

1 cup of white Riesling wine  
¼ cup of finely chopped shallots  
¼ teaspoon of white pepper  
1 teaspoon of white sugar  
¼ cup of cream sherry  
½ fresh lemon, squeezed & juiced  
2 tablespoons of heavy cream  
8 oz (2 sticks) of cold butter cut into small ¼ inch cubes

*Directions:*

Pre-heat large saucepan and add wine, lemon juice, and shallots.

Use medium heat to bring mixture to mildly bubbling simmer. Stir occasionally until mix reduces to about 75% of original liquid.

Turn heat to lowest setting available on your stove. After mix reduces, use a whisk to mix the heavy cream into the reduction.

Add 4 or 5 small cubes of butter to the pan and gently "rub" them into mix with whisk. After they've slowly melted into the hot reduction, add another 4 or 5 cubes and repeat the process until all the butter is melted. The cold butter is used to flavor and cool the mix.

Turn off the heat and add remaining ingredients: White pepper, sugar, and cream sherry. Gently whisk the mixture until it takes on a pure ivory white color.

Let sit for 2 or 3 minutes, and then ladle the reduction atop any seafood.

*Total cooking time: 15 minutes Serves: 4*



**3<sup>rd</sup> place: Maineuh's Breezy Lobster Curry Mac 'n' Cheese with Crispy Crab Topping**  
**Carol W. Bachofner, Rockland, Maine**

Serves 6 — can be exactly doubled to serve 12

Preheat oven to 375 degrees (raise to 400 degrees for final 10 minutes of cooking time)

*Ingredients:*

2 16 oz pkgs of Dreamfield's Rotini, cooked al dente, drained  
1/2 lb each: sharp white cheddar, Jarlsberg, jack cheeses sliced  
2 1 1/4 lb lobsters, steamed, picked  
2 T butter  
1T dry sherry  
1 teasp curry powder  
1 teasp dry mustard  
12 oz evaporated milk

*Directions:*

1. Prepare pasta to al dente texture
2. Butter a 2-QT glass or ceramic baking dish (optional: cast iron/enamel baking dish)
3. In large glass mixing bowl, combine cooked pasta with chunks of steamed, cooled lobster meat
4. Beginning with macaroni, layer baking dish with macaroni and each cheese IN TURN: jarlsberg first, followed by white cheddar, ending with jack.
5. In glass mixing bowl, combine evaporated milk with sherry, curry, butter, and dry mustard.
6. Pour this mixture evenly over the top of the mac/cheese layers, cover with foil and bake at 375 degrees for 30 minutes or until bubbly.
7. Remove from oven and top with pre-made crispy crab topping (made while casserole is in its first cooking time to preserve freshness):

*Ingredients:*

8 oz fresh crabmeat, crumbled  
1 cup coarse bread crumbs  
1/2 cup grated parmesan cheese  
2 Tbsp. butter, melted

*Directions:*

8. Combine all the dry ingredients first, then toss with melted butter and spread over the casserole.
9. Return uncovered casserole to oven and bake for 10 minutes at 400 degrees (or until topping crisps).
10. SERVING:

Pair with \*Berry Wonderful Salad tossed with \*\*Purple Basil Balsamic Vinegar and olive oil dressing. and a glass of chilled Maine blueberry wine. Enjoy this breezy simple Maineuh treat; OR bring to a potluck for oohs and aahs!

\*Berry Wonderful Salad: mixed greens, dried cranberries, dried blueberries, walnut pieces

\*\*Any homemade or purchased balsamic vinaigrette will do.

Total Prep Time: 20 minutes (excluding the cooking and picking of the lobsters which should be done the night before so meat is cooled)

Total Cooking Time: 40 minutes (excluding the cooking and picking of the lobsters as stated above)

**4<sup>th</sup> place: Salmon with Maine Lobster “Moose”  
Tyrrell Hunter, Brunswick, Maine**

*Ingredients (serves 6):*

3 Tbl. Unsalted Butter  
2 Tbl. Shallots, minced  
2 tsp. Garlic, finely chopped  
1 tsp. Lemon Zest, grated (plus some sliced lemon for garnish)  
2 tsp. Fresh Tarragon, chopped (plus some fresh tarragon for garnish)  
1 1/4 lb. Lobster Meat, cooked and roughly chopped  
1/4 tsp. Tabasco Sauce  
3/4 cup Mild Cheddar Cheese - Cabots!  
1 1/2 cup Mayonnaise  
3/4 cup Maine Corn on the Cob, cooked and cut off the cob  
Salt & Pepper  
6 each Salmon Fillets (from Maine if available), about 6 oz. each, skinned

*Directions:*

In a frying pan on medium/low heat, sauté shallots in melted butter until translucent (2-4 minutes); add garlic, lemon zest, tarragon and sauté another minute. Add 1 lb. of the cooked lobster meat, preferably the tails, and the Tabasco Sauce, sauté another minute to blend flavors. Let the “moose” mixture cool for 10 minutes.

In a food processor, add the mayo, the lobster mixture and the cheese and blend until smooth. Chop the remaining 1/4 lb. lobster meat into smaller pieces (pea sized) and stir it into the blended mixture, stir in the corn, add salt & pepper to taste.

Use aluminum foil on a broiler and broil the Salmon fillets 2-4 minutes on both sides (depending on the fillet thickness). Spread “moose” mixture over each fillet and broil for another 1-2 minutes, until lightly golden. Garnish with lemon slice and chopped tarragon and serve immediately.

**5<sup>th</sup> Place: Lobster Etouffee  
Michael Sciacchetano, Atlanta, Georgia**

*Ingredients:*

3 1 1/2 lb. Lobster cut into small bite size pieces  
Cajun Trinity (Onion-Red Bell Pepper-Celery)  
2 tsp mixed spices (typically these spices are made in bulk for the year)  
1 can stewed tomatoes (optional)  
2 tbl Minced garlic  
1/2 cup light brown roux (or use equal parts melted butter/flour)  
2 cups chicken stock  
1/2 teaspoon dried basil  
1tsp red chili pepper  
1 tsp celery salt

*Directions:*

Finely chop the vegetables.

Boil lobsters 7-9 minutes or until bright red.

Melt 1 stick butter and 2 cups flour until roux is light brown...usually about 15 minutes, constant stir or will burn.

Cook vegetables in 3 tbs butter for 5 minutes. Add Cajun spices, celery salt, basil and chili pepper. Cook 2-3 minutes more.

Add vegetables and chicken stock to the roux. Cook for 20 minutes low heat stir occasionally.

Add lobster and finely chopped green onions; cook for 3-4 minutes.

Serve over steamed rice.