

Hilary Mallette

Lobster Po Boy

50 Minute prep time and 30 minute cook time

Total time: 1 hour and 20 minutes

Ingredients

1 ½ to 2lbs of lobster tail meat

1 cup buttermilk

1 tablespoon Tabasco sauce

1 cup cornmeal

1 cup all-purpose flour

1 tablespoon of Tony's seasoning or Cajun seasoning of choice

1 teaspoon onion powder

1 teaspoon garlic powder

1 teaspoon salt

Oil for frying (canola)

Shredded lettuce

Dill pickles

Tomato slices

1 loaf of French bread or Ciabatta buns

Remoulade Sauce

(This sauce is optional and can be substituted for just a spread of Mayo if preferred)

5 minute prep time

1 cup mayo

2 tablespoons creole mustard

1 tablespoon paprika

1 tablespoon parsley

2 teaspoons horseradish

1 tablespoon lemon juice

2 teaspoons Tony's seasoning or Cajun seasoning of choice

1 teaspoon pickle juice

1 tablespoon pickle relish

½ teaspoon garlic powder

½ teaspoon black pepper

Couple of dashes of Tabasco sauce

Instructions

1. Deshell the lobster tail: cut down the middle of each tail with kitchen shears.
2. Spread the tail open and remove the meat.
3. Cut the meat into bite-sized pieces and place in a bowl.
4. Pour buttermilk and Tabasco sauce in the bowl with the meat and cover. Place in the fridge for 30 minutes.
5. Make the Remoulade sauce: Combine all ingredients from list in a small bowl and set aside.
6. Heat ½ inch of oil in large skillet over medium heat.
7. Combine flour, cornmeal and seasonings in a separate bowl.
8. Dredge each piece of lobster in cornmeal mixture then drop in the heated oil. Fry until golden brown in color. Remove with slotted spoon and place on a plate lined with paper towel.
9. Assemble the sandwiches: Cut loaf into 4 equal pieces and then cut open. Spread generous amount of Remoulade sauce on both halves of sandwich. Place lobster on one half then lettuce, pickle and tomato on the other half.
Enjoy!