

Lobster Rolls

The abundance of fresh and affordable lobster in Maine has fostered many casual as well as creative uses for the crustacean. Lobster rolls are sandwiches of a mayonnaise- based chilled lobster salad stuffed into a toasted sandwich roll, most often a hot dog bun.

Preparation Time: 45 mins

Servings: 4



Ingredients:

4 cups of lobster meat from steamed lobsters(approximately 2 1 1/2 to 2 pound lobsters)
1 cup mayonnaise
2 ribs of celery, small dice
1 bunch of green onions, thinly sliced
2 tablespoons dijon mustard
juice from 1 lemon
1 tablespoon flat leaf parsley, finely chopped
2 tablespoons basil chiffonade
1 teaspoon salt
1/2 teaspoon black pepper

Directions:

- Combine all ingredients except lobster in a mixing bowl.
- Rough chop lobster meat and mix gently into dressing with a rubber spatula.
- Split a baguette open 3/4 of the way lengthwise and cut into 4 6-inch sandwiches. Butter the inside generously and toast under broiler until golden brown.
- Fill with shredded lettuce and lobster salad.