



Lobster Roll

Featured on July 13th, 2018 for “Exploring the Northeast” demo with Chef Brian Patterson

“The classic lobster roll is mostly about how much succulent, freshly cooked lobster can be wedged into a toasted and buttered top-cut hot dog bun. Some serve lobster rolls with freshly cooked lobster meat cracked from the shell, doused with drawn butter and piled into the bun with a few drops of lemon juice. A more casual, classic lobster roll is made with meat that has been cooked, chilled and extracted at your leisure, then tossed with a bit of lemony mayonnaise and diced fresh celery. Be sure to put the lobster headfirst into the court bouillon—a quickly made flavorful stock—in order to stun the shellfish.”
– Chef Brian Patterson

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Ingredients

Court Bouillon:

- 1 gallon of water
- 1 carrot, peeled and coarsely chopped
- 1 onion, peeled and coarsely chopped
- 2 ribs of celery, coarsely chopped
- 2 sprigs of parsley
- 2 sprigs of thyme
- 2 bay leaves
- 4 cloves of garlic
- ½ teaspoon cayenne
- ¼ cup salt
- 1 tablespoon peppercorns
- ¼ cup white wine vinegar

Lobster roll:

- 1¼-pound lobsters (count on one lobster per roll)
- Mayonnaise mixed with lemon juice to taste
- Finely diced celery to taste
- Salt and pepper to taste
- Top-cut hot dog rolls
- Butter for spreading on rolls

Directions

Bring all court bouillon ingredients to a boil and reduce to a simmer. Simmer for 30 minutes to infuse the flavors.

Return the court bouillon to a boil. Cooking one lobster at a time, plunge the shellfish headfirst into the liquid. Once the court bouillon returns to a boil, cook for 8 minutes.

After 8 minutes, immerse the cooked lobster in a large bowl of ice water for 5 minutes.

Once chilled, separate the arms from the body. Use kitchen shears to cut the shell on both sides of the claw and pull out the meat.

Use the shears or a cracker to split the connections between the claws and the body and pull out the meat.

Pinch near the top of the tail and twist to pull it from the body. Use the shears to cut the tail down the center. Turn the tail over and repeat. Remove the meat in one piece.

Slice the meat into large chunks.

Toss with mayonnaise and celery. Add salt and pepper to taste.

Split, toast and butter the bun. Fill the bun with the lobster mixture.



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