

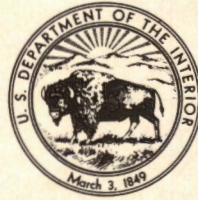
HOW TO COOK LOBSTERS

Test Kitchen Series No. 11
Fish and Wildlife Service
United States Department of the Interior

HOW TO COOK LOBSTERS

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Home Economists



Test Kitchen Series No. 11

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HOW TO COOK LOBSTERS

The lobster is one of the largest of the "shell-fish." It belongs to the class of animals—known scientifically as crustaceans—that includes the crabs and shrimp. The early settlers found large numbers of lobsters along the northern Atlantic coast that, to them, looked like lobsters of northern Europe—and rightly, for the American lobster is closely related to the European lobster.

In Florida and southern California waters occurs another crustacean that is known locally as a lobster. More properly, it is the spiny, or rock, lobster. The Spanish and Central Americans call it "langosta." While the true lobster is found near the shores of Europe and North America in the cold waters of the North Atlantic Ocean, the spiny lobster is nearly worldwide in its distribution, ranging through the tropical, subtropical, and temperate waters of the Atlantic, Pacific, and Indian Oceans.

The spiny lobster can be readily distinguished from the northern lobster by the absence of large heavy claws that are so characteristic of the northern lobster, the presence of many prominent spines on its body and legs, and its long, slender antennae.

Northern lobsters

Frequently referred to as the "king of the shell-fish," the northern lobster is classed among the most highly prized of all shellfish. Modern handling and transportation methods have made it possible for people living far inland to enjoy the tender, delicately flavored meat of the lobster.

Lobsters occur along the Atlantic coast from Labrador to North Carolina, but the bulk of the United States catch is made along the Maine and Massachusetts coasts.

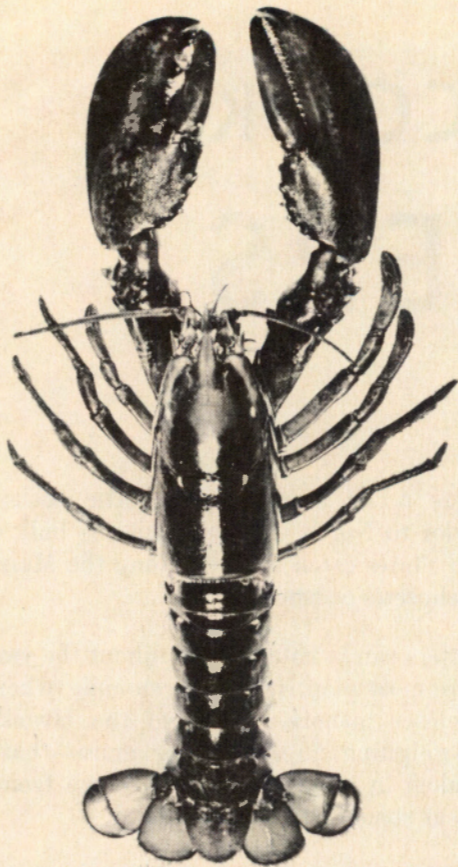
Lobsters can be caught throughout the year, but they are most plentiful in the summer when they come closer inshore. Some of the largest lobsters—weighing 20 pounds or more—that have been taken in recent years, have come from deep waters at some distance from land.

When the lobster is taken from the water, its shell is dark bluish-green, but this color changes rapidly to "lobster red" during cooking. Lobsters must be alive and active at time of cooking; also, the tail should curl under the body and not hang down when the live lobster is picked up.

Live lobsters—usually they weigh from 1 pound to 3 pounds—are graded in four sizes: Chickens, $\frac{3}{4}$ to 1 pound; quarters, $1\frac{1}{4}$ pounds; large, $1\frac{1}{2}$ to $2\frac{1}{4}$ pounds; and jumbos, over $2\frac{1}{2}$ pounds.

Whole lobsters, cooked in the shell, are also available. They should be bright red in color and have a fresh "seashore" odor. The tail of a cooked lobster should spring back quickly after it has been straightened out.

The cooked meat of the lobster, picked from the shell, is marketed fresh, frozen, and canned. Frozen lobster meat can be purchased in 6-, 14-, and 16-ounce cans. The 14-ounce can is the most popular size.



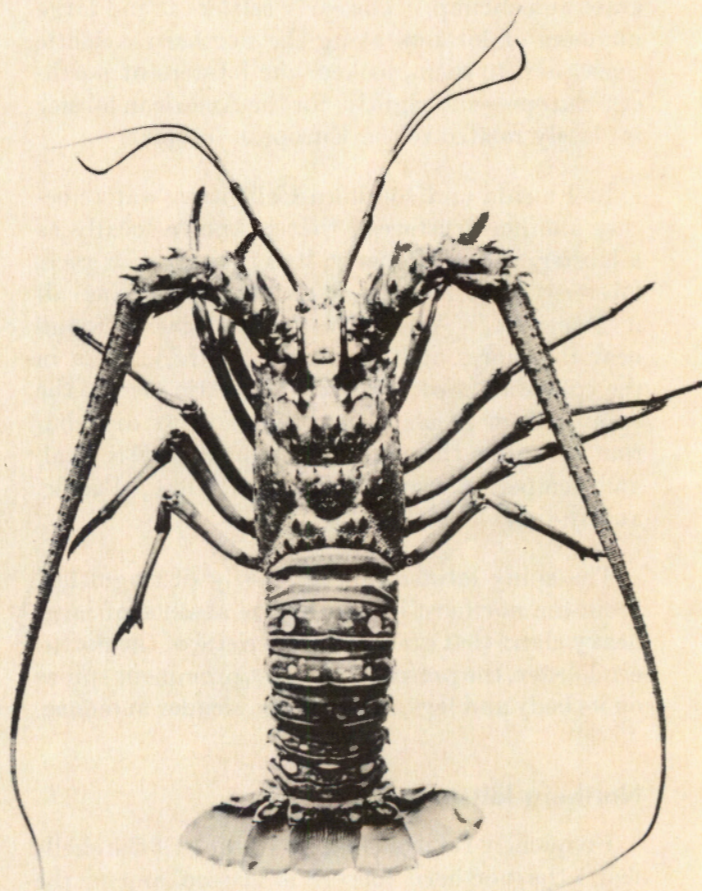
Northern lobster

Spiny lobsters

The spiny lobster receives its name from the numerous spines on the body and legs. It lacks the large claws of the northern lobster; the meat comes almost entirely from the broad tail. Frozen spiny lobster tails have gained wide popularity since their appearance in the market, and they are now available throughout most of the United States.

The frozen tails of several species of spiny lobsters, weighing from 4 ounces to more than a pound each, are sold on the market. The smoothness or roughness of the shell and the presence or absence of spots help you to determine easily from what part of the world the lobster tail has come. Since the color of the frozen tails may vary widely, it cannot be relied on. Spiny lobsters

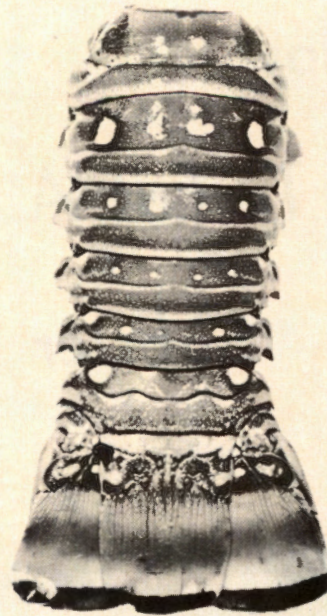
from Florida, Cuba, and the Bahamas have a smooth shell and large light yellow or white spots on the first segment of the tail which generally has a brownish-green color. The tails from western Australia are fairly smooth with small white dots on most of the tail segments which are reddish brown in color. Spiny lobster tails from southern California and the west coast of Mexico have smooth shells without any spots or stripes, and the color varies widely from dark red to orange and brown. Spiny lobster tails from South Africa, New Zealand, and eastern Australia have rough shells with no spots, and are brownish maroon in color. A newcomer to the American market is one of the species common to the Mediterranean and southwestern Europe. It has a rough shell, reddish tan in color, with a number of white streaks and spots.



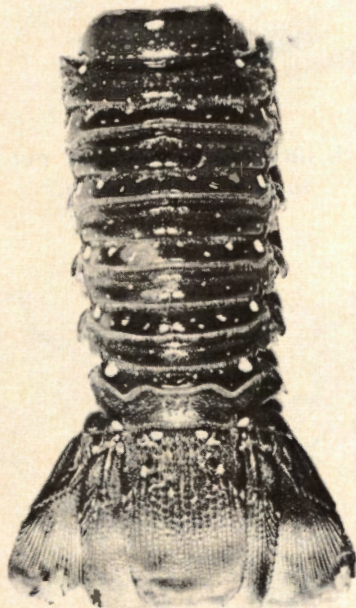
Spiny lobster or rock lobster

Live spiny lobsters are available in some parts of Florida and California. They should be alive at time of cooking, the same as the northern lobster. When the lobster is cooked, its shell turns red and the meat is snowy white with tinges of red. Whole, cooked spiny lobsters may be purchased, although the cooked meat is more often marketed canned. Some cooked frozen meat is also marketed in 6-ounce cans, and has to be kept under refrigeration.

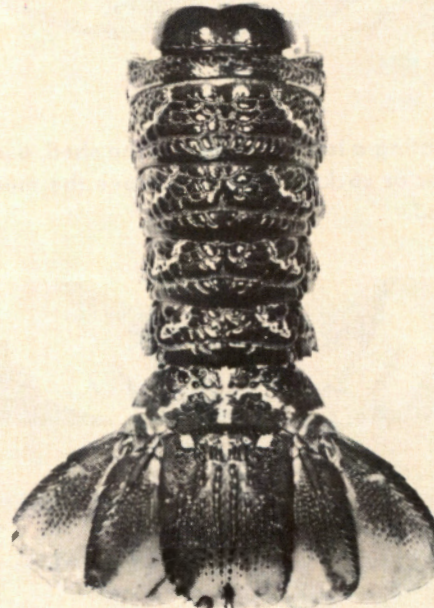
Lobsters and spiny lobster tails supply high-quality proteins, vitamins, and minerals. Both are frequently served boiled or broiled in the shell; however, the meat of these two shellfish may be used in cocktails, salads, stews, main dishes, and sandwiches. In the recipes that follow, the meat of either lobster can be used unless otherwise stated in the recipe.



**Florida or Cuban spiny
lobster tail**

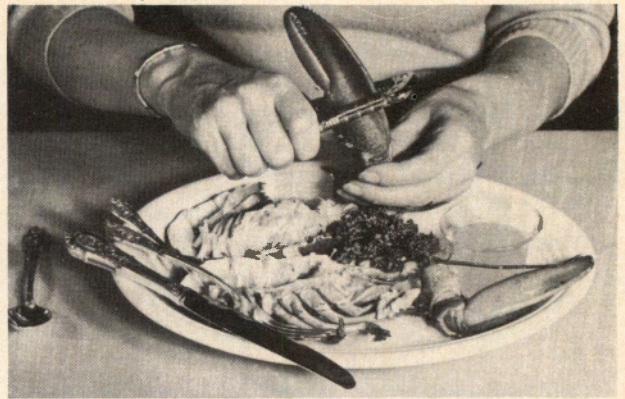


**Western Australian spiny
lobster tail**

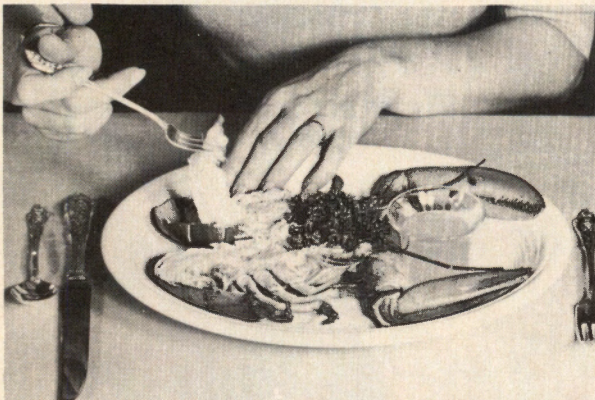


**South African spiny
lobster tail**

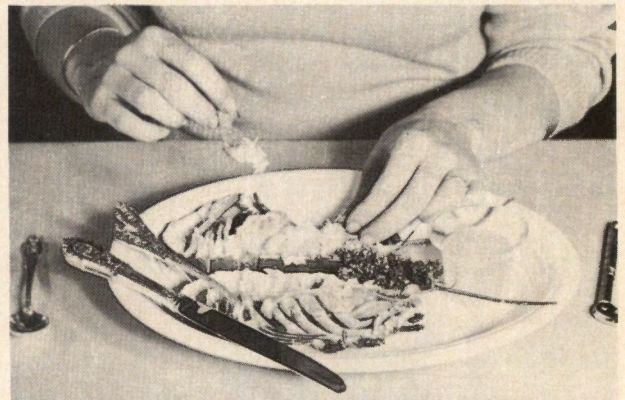
How To Eat A Lobster



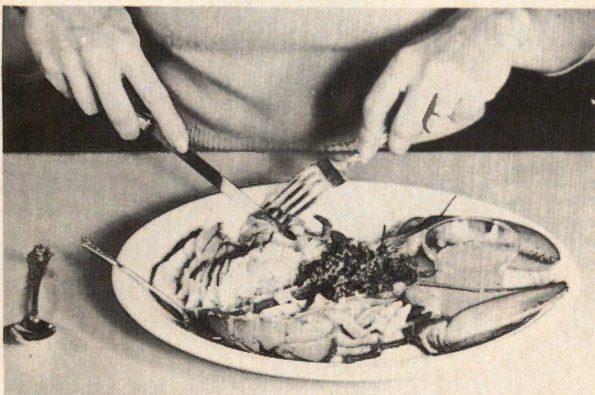
Use a lobster cracker or nutcracker to break the shell of the big claws. Tasty chunks of solid meat are inside.



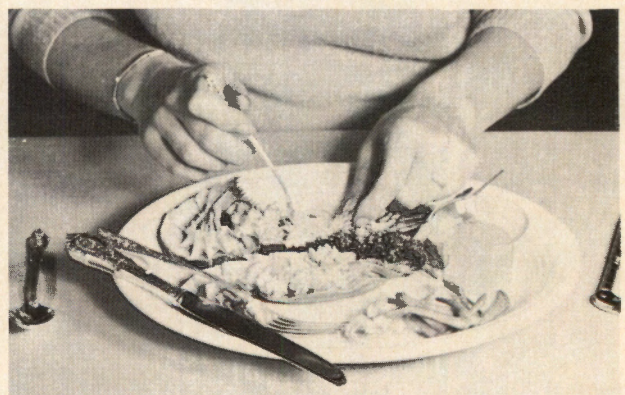
When eating a lobster served in the shell, use small lobster or cocktail fork to remove the meat from the tail.



Pull off each little claw and suck out the sweet tasty morsel of meat.



With regular knife and fork, cut the lobster meat and dip each forkful into melted butter.



Final search uncovers tidbits in the shell—good to the last bite.

BOILED LOBSTERS

2 live lobsters (1 pound each)
3 quarts boiling water
3 tablespoons salt
Melted butter

Plunge lobsters headfirst into boiling salted water. Cover and return to boiling point. Simmer for 20 minutes. Drain. Place lobster on its back. With a sharp knife cut in half lengthwise. Remove the stomach, which is just back of the head, and the intestinal vein, which runs from the stomach to the tip of the tail. Do not discard the green liver and coral roe; they are delicious. Crack claws. Serve with butter. Serves 2.

For the recipes requiring cooked lobster meat, cool lobsters and remove meat. Two live lobsters, 1 pound each, yield approximately $\frac{1}{2}$ pound cooked lobster meat.



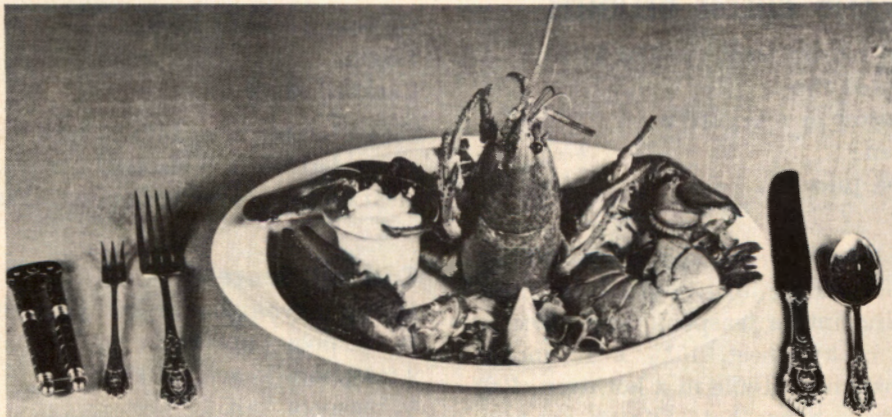
Plunging into water



Cutting lengthwise



Cracking the claws



Boiled Lobster

BOILED SPICED LOBSTERS

2 live lobsters (1 pound each)
1 cup vinegar
2 carrots, sliced
2 stalks celery, sliced
1 onion, sliced
1 lemon, sliced
3 tablespoons salt
½ cup mixed pickling spice
3 quarts boiling water

Add vinegar, vegetables, lemon, and seasonings to boiling water. Cover and simmer for 30 minutes. Plunge lobsters headfirst into boiling seasoned water. Cover and return to boiling point. Simmer for 15 minutes. Remove from heat and cool in liquid. Drain, split, and clean. Serves 2.

BOILED SPINY LOBSTER TAILS

6 frozen spiny lobster tails (5 to 8 ounces each)
2 quarts boiling water
⅓ cup salt
Melted butter

Place lobster tails in boiling salted water. Cover and return to boiling point. Simmer for 10 to 15 minutes, depending on size of lobster tails. Drain. Cut in half lengthwise. Serve with butter. Serves 6.

For the recipes requiring cooked lobster meat, cool spiny lobster tails and remove meat. One and one-half pounds frozen spiny lobster tails yield approximately ¾ pound cooked lobster meat.

LOBSTER AND CHEESE DELIGHTS

½ pound cooked lobster meat (p. 5 or 6)
1 tablespoon grated cheese
2 tablespoons butter or margarine
1 egg yolk, beaten
1 teaspoon lemon juice
Paprika

Grind lobster meat. Cream the cheese and butter; add egg yolk, lemon juice, and lobster meat. Shape by pressing into a teaspoon, and place on a well-greased cookie sheet, 15½ x 12 inches. Sprinkle with paprika. Bake in a hot oven, 400° F., for 5 minutes. Serve hot. Makes approximately 48 hors d'oeuvres.

LOBSTER STUFFED EGGS

1 pound cooked lobster meat (p. 5 or 6)
1 teaspoon grated onion
1 teaspoon chopped green pepper
1 teaspoon chopped pimiento
1 tablespoon chili sauce
⅔ cup mayonnaise or salad dressing
1½ dozen hard-cooked eggs
Parsley

Chop lobster meat. Add onion, green pepper, pimiento, chili sauce, and mayonnaise. Chill. Cut eggs in half lengthwise and remove yolks. Place lobster mixture in egg whites. Garnish with parsley. Makes 36 canapés.

BROILED SPINY LOBSTER CHUNKS

½ pound cooked spiny lobster meat (p. 6)
¼ cup butter or margarine, melted
Paprika
2 tablespoons chopped parsley

Cut lobster meat into 1-inch pieces. Dip in butter; sprinkle with paprika. Place in a baking pan, 10 x 6 x 1½ inches, about 3 inches from source of heat. Broil for 2 to 3 minutes or until lightly browned. Sprinkle with parsley. Serve on toothpicks. Makes approximately 24 hors d'oeuvres.

LOBSTER COCKTAIL

½ pound cooked lobster meat (p. 5 or 6)
Lettuce
Cocktail sauce

Cut lobster meat into ½-inch pieces; chill. Arrange lettuce in 6 cocktail glasses. Place lobster meat on top; cover with cocktail sauce. Serves 6.

Cocktail Sauce

⅓ cup mayonnaise or salad dressing
¼ teaspoon paprika
2 teaspoons lemon juice
¼ teaspoon salt

Combine all ingredients and chill. Serves 6.

LOBSTER AND ORANGE COCKTAIL

½ pound cooked lobster meat (p. 5 or 6)
¼ teaspoon salt
2 large oranges
Lettuce
Cocktail sauce
Nutmeg

Cut lobster meat into ½-inch pieces; sprinkle with salt. Peel and section oranges. Combine orange sections and lobster meat. Chill. Arrange lettuce in 6 cocktail glasses. Place lobster mixture on top; cover with cocktail sauce. Garnish with nutmeg. Serves 6.

Cocktail Sauce

¼ cup whipping cream
1 tablespoon mayonnaise or salad dressing
2 tablespoons orange juice

Whip cream. Blend mayonnaise and orange juice; fold into whipped cream. Serves 6.

LOBSTER AMANDINE

1 pound cooked lobster meat (p. 5 or 6)
1 cup blanched, slivered almonds
½ cup butter or margarine, melted.
½ teaspoon salt
Dash pepper
2 tablespoons chopped parsley
Toast points

Cut lobster meat into 1-inch pieces. Fry almonds in butter until lightly brown. Remove almonds. Add lobster meat and fry until lightly browned. Add seasonings, parsley, and almonds. Serve on toast points. Serves 6.

LOBSTER STEW

¾ pound cooked lobster meat (p. 5 or 6)
1 teaspoon salt
¼ teaspoon paprika
Dash white pepper
Dash nutmeg
¼ cup butter or margarine, melted
1 pint milk
1 pint coffee cream
Chopped parsley

Cut lobster meat into ½-inch pieces. Add seasonings and lobster meat to butter; heat. Add milk and cream and bring almost to boiling point. Garnish with parsley sprinkled over the top. Serves 6.

LOBSTER MOUSSE

½ pound cooked lobster meat (p. 5 or 6)
1 tablespoon unflavored gelatin
¼ cup cold water
½ cup boiling water
½ cup chopped celery
2 tablespoons sliced stuffed olives
1 tablespoon grated onion
1 teaspoon prepared mustard
½ teaspoon salt
½ cup whipping cream
¼ cup mayonnaise or salad dressing
Salad greens

Cut lobster meat into ½-inch pieces. Soften gelatin in cold water for 5 minutes. Add boiling water and stir until dissolved. Add the next 5 ingredients. Chill until almost congealed. Add lobster meat. Whip cream. Combine mayonnaise and whipped cream; fold into gelatin mixture. Place in a 1-quart mold; chill until firm. Unmold on salad greens. Serves 6.

FROZEN LOBSTER SALAD

½ pound cooked lobster meat (p. 5 or 6)
1 package (3 ounces) cream cheese
½ cup mayonnaise or salad dressing
2 tablespoons chopped pimiento
½ cup chopped nuts
½ teaspoon salt
5 drops tabasco
½ cup whipping cream
Lettuce

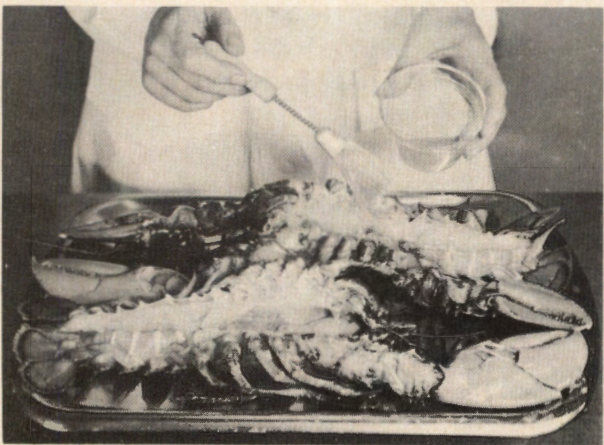
Cut lobster meat into ½-inch pieces. Cream cheese and mayonnaise. Add the next four ingredients and lobster meat. Whip cream. Fold in whipped cream. Place in a 1-quart ice cube tray; freeze. Remove from freezer and let stand at room temperature for 15 minutes before serving. Cut into 6 slices and serve on lettuce. Serves 6.



Cutting the lobster



Removing stomach and intestinal vein



Brushing with butter

LOBSTER SALAD

1 pound cooked lobster meat (p. 5 or 6)
 1/3 cup mayonnaise or salad dressing
 1 tablespoon lemon juice
 1/4 teaspoon salt
 Lettuce
 3 tomatoes

Cut lobster meat into 1/2-inch pieces. Add mayonnaise, lemon juice, and salt. Serve on lettuce and garnish with tomato wedges. Serves 6.

FRENCH FRIED SPINY LOBSTER TAILS

6 frozen spiny lobster tails (5 to 8 ounces each)
 2 eggs, beaten
 1/4 cup milk
 1 1/2 teaspoons salt
 Dash pepper
 1/2 cup flour
 1/2 cup dry bread crumbs

Thaw lobster tails. Cut in half lengthwise. Remove meat in one piece. Combine eggs, milk, and seasonings. Combine flour and crumbs. Dip lobster meat in egg mixture and roll in flour-and-crumbs mixture. Fry in a basket in deep fat, 350° F., for 3 to 5 minutes, depending on size of lobster tails. Drain on absorbent paper. Serves 6.

NOTE.—A commercial breading may be used. Follow the directions on the package.

BROILED LOBSTERS

2 live lobsters (1 pound each)
 1 tablespoon butter or margarine, melted
 1/4 teaspoon salt
 Dash white pepper
 Dash paprika
 1/4 cup butter or margarine, melted
 1 tablespoon lemon juice

Place lobster on its back; insert a sharp knife between body shell and tail segment, cutting down to sever the spinal cord. Cut in half lengthwise. Remove the stomach, which is just back of the head, and the intestinal vein, which runs from the stomach to the tip of the tail. Do not discard the green liver and coral roe; they are delicious. Crack claws. Lay lobsters open as flat as possible on a broiler pan. Brush lobster meat with butter. Sprinkle with salt, pepper, and paprika. Broil about 4 inches from source of heat for 12 to 15 minutes or until lightly browned. Combine butter and lemon juice; serve with lobsters. Serves 2.

BROILED BOILED LOBSTERS

2 boiled lobsters (p. 5)
1 tablespoon butter or margarine, melted
Dash white pepper
Dash paprika
 $\frac{1}{4}$ cup butter or margarine, melted
1 tablespoon lemon juice

Lay lobsters open as flat as possible on a broiler pan. Brush lobster meat with butter. Sprinkle with pepper and paprika. Broil about 4 inches from source of heat for 5 minutes or until lightly browned. Combine butter and lemon juice; serve with lobsters. Serves 2.

BROILED SPINY LOBSTER TAILS

6 frozen spiny lobster tails (5 to 8 ounces each)
 $\frac{1}{3}$ cup butter or margarine, melted
 $\frac{1}{2}$ teaspoon salt
Dash white pepper
Dash paprika
 $\frac{3}{4}$ cup butter or margarine, melted
3 tablespoons lemon juice

Thaw lobster tails. Cut in half lengthwise. Lay lobster tails open as flat as possible on a broiler pan. Brush lobster meat with butter. Sprinkle with salt, pepper, and paprika. Broil about 4 inches from source of heat for 10 to 15 minutes, depending on size of lobster tails. Combine butter and lemon juice; serve with lobster tails. Serves 6.



Broiled Spiny Lobster Tails

BROILED BOILED SPINY LOBSTER TAILS

- 6 boiled spiny lobster tails (p. 6)
- $\frac{1}{3}$ cup butter or margarine, melted
- Dash white pepper
- Dash paprika
- $\frac{3}{4}$ cup butter or margarine, melted
- 3 tablespoons lemon juice

Lay lobster tails open as flat as possible on a broiler pan. Brush lobster meat with butter. Sprinkle with pepper and paprika. Broil about 4 inches from source of heat for 5 minutes or until lightly browned. Combine butter and lemon juice; serve with lobster tails. Serves 6.

BAKED STUFFED LOBSTERS

- 2 live lobsters (1 pound each)
- 2 cups soft bread cubes
- 2 tablespoons butter or margarine, melted
- 1 tablespoon grated onion
- Dash garlic salt

Place lobster on its back; insert a sharp knife between body shell and tail segment, cutting down to sever the spinal cord. Cut in half lengthwise. Remove the stomach, which is just back of the head, and the intestinal vein, which runs from the stomach to the tip of the tail. Remove and save the green liver and coral roe. Crack claws.

Combine bread cubes, butter, onion, garlic salt, green liver, and coral roe. Place in body cavity and spread over surface of tail meat. Place on a baking pan, $15\frac{1}{2}$ x $10\frac{1}{2}$ x 1 inch. Bake in a hot oven, 400° F., for 20 to 25 minutes or until lightly browned. Serves 2.

BAKED STUFFED LOBSTERS WITH CHEESE

- 2 live lobsters (1 pound each)
- $1\frac{1}{2}$ cups soft bread cubes
- 2 tablespoons butter or margarine, melted
- $\frac{1}{2}$ cup grated cheese
- Paprika

Place lobster on its back; insert a sharp knife between body shell and tail segment, cutting down to sever the spinal cord. Cut in half lengthwise. Remove the stomach, which is just back of the head, and the intestinal vein, which runs from the stomach to the tip of the tail. Remove and save the green liver and coral roe. Crack claws.

Combine bread cubes, butter, cheese, green liver, and coral roe. Place in body cavity and spread over surface of tail meat. Sprinkle with paprika. Place on a baking pan, $15\frac{1}{2}$ x $10\frac{1}{2}$ x 1 inch. Bake in a hot oven, 400° F., for 20 to 25 minutes or until lightly browned. Serves 2.

LOBSTER THERMIDOR

- 3 boiled lobsters (p. 5)
- 2 tablespoons butter or other fat
- 2 tablespoons flour
- $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{2}$ teaspoons powdered mustard
- Dash cayenne pepper
- 1 cup coffee cream
- 1 can (4 ounces) mushroom stems and pieces, drained
- Grated Parmesan cheese
- Paprika

Split lobsters lengthwise and remove meat (p. 5). Clean shells and rinse. Cut lobster meat into $\frac{1}{2}$ -inch pieces. Melt butter; blend in flour and seasonings. Add cream gradually and cook until thick and smooth, stirring constantly. Add mushrooms and lobster meat. Place in shells. Sprinkle with cheese and paprika. Place on a cooky sheet, $15\frac{1}{2}$ x 12 inches. Bake in a hot oven, 400° F., for 10 minutes or until brown. Serves 6.

LOBSTER BAKED WITH MUSHROOMS

$\frac{3}{4}$ pound cooked lobster meat (p. 5 or 6)
2 tablespoons chopped onion
2 tablespoons chopped green pepper
1 can (4 ounces) mushroom stems and pieces, drained
2 tablespoons butter or other fat, melted
3 tablespoons flour
 $\frac{1}{2}$ teaspoon salt
Dash pepper
 $1\frac{1}{2}$ cups milk
 $\frac{1}{4}$ cup grated cheese
1 tablespoon butter or other fat, melted
 $\frac{1}{4}$ cup dry bread crumbs

Cut lobster meat into $\frac{1}{2}$ -inch pieces. Cook onion, green pepper, and mushrooms in butter until tender. Blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Add cheese and lobster meat; heat. Place in 6 well-greased, individual, 5-ounce custard cups. Combine butter and crumbs. Sprinkle over top of lobster mixture. Bake in a hot oven, 400° F., for 10 minutes or until brown. Serves 6.

LOBSTER TARTS

$\frac{3}{4}$ pound cooked lobster meat (p. 5 or 6)
2 cups pastry mix
2 egg yolks, beaten
1 cup milk
1 tablespoon granulated tapioca
1 teaspoon salt
 $\frac{3}{4}$ teaspoon ginger
1 teaspoon Worcestershire sauce
Dash cayenne pepper
2 egg whites, beaten

Prepare pastry mix as directed. Roll very thin and cut into 6 circles, 6 inches each. Line 6 tart shell pans. Cut lobster meat into $\frac{1}{2}$ -inch pieces. Combine egg yolk, milk, tapioca, and seasonings. Cook until mixture comes to a boil, stirring constantly. Remove from heat and add lobster meat. Fold in egg whites. Place in tart shells. Bake in a moderate oven, 375° F., for 20 to 25 minutes or until brown. Serves 6.



Lobster Tarts

SPINY LOBSTER AND OLIVE EN BROCHETTE

1½ pounds frozen spiny lobster tails
¾ teaspoon salt
Dash pepper
Dash garlic salt
¼ cup French dressing
½ cup chili sauce
24 stuffed olives

Thaw lobster tails. Remove meat from shells; cut into 1-inch pieces. Combine the next 5 ingredients; shake well. Marinate lobster meat in sauce for 15 minutes. Alternate lobster meat and olives on 6 skewers, 7½ inches each. Place skewers across a baking pan, 10 x 6 x 1½ inches. Bake in a moderate oven, 350° F., for 20 to 25 minutes. Baste once during baking with extra sauce. Serves 6.

LOBSTER TURNOVERS

½ pound cooked lobster meat (p. 5 or 6)
½ cup condensed mushroom soup
½ teaspoon Worcestershire sauce
Dash cayenne pepper
1 tablespoon lemon juice
1 cup pastry mix

Cut lobster meat into ¼-inch pieces. Combine all ingredients except pastry mix. Prepare pastry mix as directed. Roll very thin and cut into 6 circles, 5 inches each. Place ¼ cup of filling in center of each circle. Moisten edges with cold water; fold over and press edges together with a fork. Prick tops. Place on a cooky sheet, 15½ x 12 inches. Bake in a very hot oven, 450° F., for 15 to 20 minutes or until brown. Serve with almond sauce. Serves 6.

Almond Sauce

2 tablespoons butter or other fat
2 tablespoons flour
1 cup milk
¼ cup chopped, salted, toasted almonds

Melt butter; blend in flour and brown. Add milk gradually and cook until thick and smooth, stirring constantly. Add almonds and heat. Serves 6.

LOBSTER WAFFLES

½ pound cooked lobster meat (p. 5 or 6)
3 cups waffle mix
Lemon butter

Chop lobster meat. Prepare waffle mix as directed. Add lobster meat. Bake in a hot waffle iron until brown. Serve with lemon butter. Makes 6 waffles, 7 inches each. Serves 6.

Lemon Butter

½ cup butter or margarine
1 teaspoon lemon juice
¼ teaspoon grated lemon rind

Whip butter. Slowly add lemon juice and rind. Serves 6.

LOBSTER NEWBURG

¾ pound cooked lobster meat (p. 5 or 6)
¼ cup butter or margarine
2 tablespoons flour
1 teaspoon salt
¼ teaspoon paprika
Dash cayenne pepper
1 pint coffee cream
2 egg yolks, beaten
2 tablespoons sherry
Toast points

Cut lobster meat into ½-inch pieces. Melt butter; blend in flour and seasonings. Add cream gradually and cook until thick and smooth, stirring constantly. Stir a little of the hot sauce into egg yolk; add to remaining sauce, stirring constantly. Add lobster meat; heat. Remove from heat and slowly stir in sherry. Serve immediately on toast points. Serves 6.

LOBSTER RAREBIT

$\frac{3}{4}$ pound cooked lobster meat (p. 5 or 6)
2 cups grated cheese
1 cup milk, scalded
 $\frac{1}{2}$ teaspoon powdered mustard
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon Worcestershire sauce
Dash cayenne pepper
 $\frac{1}{2}$ teaspoon paprika
1 egg, beaten
Toast or crackers

Cut lobster meat into $\frac{1}{2}$ -inch pieces. Melt cheese in the top of a double boiler. Add the milk gradually, stirring constantly until sauce is smooth. Combine seasonings and egg. Stir a little of the hot sauce into egg; add to remaining sauce and cook until thick and smooth, stirring constantly. Add lobster meat; heat. Serve on toast or crackers. Serves 6.

LOBSTER IN SOUR CREAM

$\frac{3}{4}$ pound cooked lobster meat (p. 5 or 6)
1 cup sour cream
1 tablespoon grated onion
1 tablespoon horseradish
 $\frac{1}{2}$ teaspoon powdered mustard
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon paprika
1 egg, beaten
Toast points

Cut lobster meat in $\frac{1}{2}$ -inch pieces. Combine the next 6 ingredients and heat. Stir a little of the hot sauce into egg; add to remaining sauce, stirring constantly. Add lobster meat and heat. Serve on toast points. Serves 6.

TANGY LOBSTER ON RICE

$\frac{3}{4}$ pound cooked lobster meat (p. 5 or 6)
1 teaspoon Worcestershire sauce
1 teaspoon powdered mustard
1 teaspoon curry powder
 $\frac{1}{4}$ teaspoon salt
Dash pepper
1 tablespoon lemon juice
 $\frac{1}{4}$ cup butter or other fat, melted
2 cups cooked rice

Cut lobster meat into $\frac{1}{2}$ -inch pieces. Add seasonings, lemon juice, and lobster meat to butter. Fry for 5 minutes or until lightly browned. Serve on rice. Serves 6.

LOBSTER AND WALNUT SANDWICHES

$\frac{1}{2}$ pound cooked lobster meat (p. 5 or 6)
 $\frac{1}{4}$ cup chopped walnuts
 $\frac{1}{4}$ cup chopped celery
1 tablespoon lemon juice
 $\frac{1}{2}$ teaspoon salt
Dash paprika
 $\frac{1}{4}$ cup mayonnaise or salad dressing
12 slices buttered bread
Lettuce

Chop lobster meat. Add the next 6 ingredients. Spread 6 slices of bread with lobster mixture; cover with lettuce and remaining 6 slices of bread. Serves 6.

BROILED LOBSTER SANDWICHES

$\frac{3}{4}$ pound cooked lobster meat (p. 5 or 6)
 $\frac{1}{4}$ cup condensed mushroom soup
 $\frac{1}{4}$ teaspoon Worcestershire sauce
Dash pepper
 $\frac{1}{4}$ teaspoon salt
6 slices bread
1 hard-cooked egg, chopped

Chop lobster meat. Add soup and seasonings. Toast bread on one side. Spread lobster mixture on plain side of bread. Sprinkle with egg. Place on a broiler pan about 3 inches from source of heat. Broil for 2 to 4 minutes or until lightly browned. Serves 6.

CURRIED LOBSTER SANDWICHES

$\frac{3}{4}$ pound cooked lobster meat (p. 5 or 6)
 $\frac{1}{4}$ cup butter or margarine, melted
1 egg, beaten
 $\frac{1}{4}$ cup milk
Dash curry powder
 $\frac{1}{4}$ teaspoon salt
6 slices bread
Paprika

Chop lobster meat. Fry in butter for 3 minutes. Combine egg, milk, and seasonings. Pour over lobster meat and cook until thick, stirring constantly. Toast bread on one side. Spread lobster mixture on plain side of bread. Place on a broiler pan about 3 inches from source of heat. Broil for 2 to 4 minutes or until lightly browned. Sprinkle with paprika. Serves 6.

NOTES

The following publications on fish cookery published by the Fish and Wildlife Service, United States Department of the Interior, may be obtained from the Superintendent of Documents, Government Printing Office, Washington 25, D. C., at the prices indicated. A 25-percent discount is given on orders of 100 or more of any one publication sent to one address.

Fish Cookery for One Hundred, by Rose G. Kerr. Test Kitchen Series No. 1. Price 30 cents.

Basic Fish Cookery, by Rose G. Kerr. Test Kitchen Series No. 2. Price 25 cents.

How to Cook Oysters, by Rose G. Kerr and Jean Burtis. Test Kitchen Series No. 3. Price 20 cents.

How to Cook Salmon, by Kathryn L. Osterhaug and Rose G. Kerr. Test Kitchen Series No. 4. Price 20 cents.

How to Cook Ocean Perch, by Dorothy M. Robey and Rose G. Kerr. Test Kitchen Series No. 6. Price 10 cents.

How to Cook Shrimp, by Jean Burtis and Rose G. Kerr. Test Kitchen Series No. 7. Price 15 cents.

How to Cook Clams, by Kathryn L. Osterhaug and Rose G. Kerr. Test Kitchen Series No. 8. Price 20 cents.

How to Cook Halibut, by Kathryn L. Osterhaug and Rose G. Kerr. Test Kitchen Series No. 9. Price 20 cents.

How to Cook Crabs, by Dorothy M. Robey and Rose G. Kerr. Test Kitchen Series No. 10. Price 20 cents.

Shrimp Tips from New Orleans. Circular 41. Price 15 cents.