

Lobster Roll

Recipe courtesy of Alton Brown

INGREDIENTS

- 1 recipe Perfect Steamed Lobster* (see recipe below)
- 3 tablespoons mayonnaise
- 3 teaspoons lemon juice , freshly squeezed
- pinch kosher salt
- pinch black pepper, freshly ground
- 2 tablespoons unsalted butter, divided
- 4 top split white bread hot dog buns

DIRECTIONS

1. Prepare Perfect Steamed Lobster; remove meat from shell and chop into bite size pieces. Set aside.
2. Whisk together the mayonnaise, lemon juice, salt and black pepper in a medium mixing bowl. Add the lobster meat and gently fold to combine. Set aside.
3. Heat 1 tablespoon of the butter in a medium non-stick saute pan over medium heat, until foamy. Open 2 of the buns and turn upside down into the pan to brown. Cook for 2 to 3 minutes or until lightly toasted. Repeat with remaining butter and buns.
4. Evenly divide the lobster mixture between the buns and serve immediately.

*Perfect Steamed Lobster

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INGREDIENTS

- 2 (1½ to 2 pound) American lobsters
- 4 cups water

DIRECTIONS

1. Lay the lobsters on a half sheet pan and place in the freezer for 15 to 20 minutes.
2. Pour the water into a 12-quart pot, set a steamer basket in the pot, cover and place over high heat and bring to a boil.
3. Add the lobsters, cover and steam for 12 to 14 minutes.
4. Carefully remove lobsters from the pot using tongs, immediately plunge into an ice bath and leave for 10 minutes to completely cool.
5. Transfer to a cutting board and twist off both claws and the attached knuckles. Crack both claws with a lobster cracker or by striking with the handle of a heavy chef's knife. Remove the meat.
6. Separate the body from the tail by arching and twisting until it breaks. Break off the tail flipper. Turn the tail upside down and use kitchen shears to cut down the middle from end to end, pull back the shell on both sides of the tail and remove the meat in one piece.
7. Holding the body, remove the greenish "tomalley" and coral-colored roe and save if desired. Turn the lobster body over and use kitchen shears to break it open. Remove the meat near where the legs were attached.
8. Use a rolling pin to roll over the legs to extract the meat.
9. Repeat with the second lobster.



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Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 3-4 minutes

Inactive Prep Time: 3 minutes

Yield: About 1 pound lobster meat