



## Lobster Dishes

The season ahead calls for some thought on that most succulent of all fish — lobster. Here are three recipes — not for quick preparation and fast dining — but rather for more leisurely days or evenings, and gourmet enjoyment.

### LOBSTER SOUFFLE

- |  |   |
|--|---|
| 1 live lobster,<br>2 — 2½ lbs.<br>salt, pepper,<br>paprika                         | 2 carrots,<br>finely chopped<br>2 oz. Cognac<br>1 cup white wine<br>½ cup cream<br>3 egg yolks<br>5 egg whites<br>½ cup Sauce<br>Béchamel<br>(recipe below) |
| 5 tbs. butter<br>2 stalks celery,<br>finely chopped<br>2 onions,<br>finely chopped |   |

Split lobster in half and remove intestines and coral. Put intestines aside for later use. Add salt, pepper and paprika to lobster.

Melt five tbs. butter in deep pot. Add finely chopped vegetables and then the lobster. Sauté lobster until color changes to red. Add Cognac and blaze the lobster. Add the white wine and let the lobster cook for fifteen minutes. Take out lobster and when sufficiently cool, remove meat from body and claws. Place in a buttered casserole.

Add cream to sauce with the lobster intestines. Cook for a few minutes and strain through a fine sieve. Pour half the sauce over the lobster and save balance to serve with finished dish.

Combine the three beaten egg yolks with the Sauce Béchamel. Beat egg whites very stiff and fold in the yolk mixture. Pour this over the lobster and place in a 425° oven and cook ten to fifteen minutes or until delicately browned. Serve with sauce. Serves two.

### SAUCE BECHAMEL

- |                     |              |
|---------------------|--------------|
| 3 tbs. butter       | ½ cup cream  |
| 2 tbs. flour        | 2 egg yolks  |
| ¾ cup chicken broth | salt, pepper |

Melt butter in upper part of double boiler. Blend in flour and gradually add chicken broth. Stir until thickened. Stir in cream and egg yolks. Salt and pepper to taste. Heat but do not boil.

### LOBSTER AND FILLET OF SOLE SUPREME

- |                    |                                 |
|--------------------|---------------------------------|
| 1 lobster, 2½ lbs. | Rice baked in<br>chicken broth  |
| 4 fillets of sole  | Special Sauce<br>(recipe below) |
| 1 onion            | Hollandaise<br>Sauce            |
| parsley            |                                 |
| salted water       |                                 |

Boil lobsters until shell turns red and remove meat. Combine onion and parsley with water to cover fillets and boil for ten minutes and then add fillets and poach for ten minutes. Place lobster meat and fillets over rice on platter. Combine Special Sauce with the Hollandaise and pour over the fish. Garnish with parsley. Serves four.

### SPECIAL SAUCE

- |   |  |
|---|--|
| 3 tbs. butter                             | 1 clove garlic,<br>chopped                         |
| 1 small finely<br>chopped onion           | 3 tbs. chopped<br>parsley                          |
| 6 scallions,<br>chopped                   | 1 tsp. chopped<br>tarragon                         |
| 5 ripe tomatoes,<br>peeled and<br>chopped | 1½ tsp. thyme<br>½ bay leaf<br>3 tbs. tomato purée |

Melt butter in skillet and add onions. Before the onions turn brown, add the scallions, tomatoes, garlic, herbs; simmer for one hour. By this time most of the tomato water has cooked away. Add tomato purée.

### MEDITERRANEAN LOBSTER

- |                             |   |
|-----------------------------|---|
| 4 lobsters,<br>1½ lbs. each | 3 tbs. butter<br>3 tbs. flour<br>1 cup cream<br>½ cup<br>white wine<br>chopped<br>parsley,<br>chervil,<br>tarragon,<br>fennel |
| 2 carrots                   |   |
| 2 cloves garlic             |   |
| 1 tsp. thyme                |   |
| 1 bay leaf                  |   |
| 3 sprigs parsley            |   |
| 2 cloves<br>salt, pepper    |   |
| 2 qts. water                |   |
| 1 pint white wine           | 2 egg yolks   |

Combine carrots, garlic, thyme, bay leaf, parsley, cloves, salt and pepper with water and pint of wine and boil thirty minutes. Add lobsters and poach for twelve minutes. Remove and split. Prepare a sauce by melting butter and blending with flour. Add ½ cup of bouillon in which lobster was poached to blended butter and flour. Then add cream and wine; continue cooking, stirring constantly until mixture thickens slightly. Beat in egg yolks. Add chopped parsley, chervil, tarragon and fennel and salt to taste. Pour sauce over lobsters. Serves four persons.