

Recipes from the Working Waterfront Festival



Lobster New Bedford

Contributed by Helene Quinn, Eagle Island, Maine

Yield: 8-10 servings

Prep time: 30 minutes

Total time: 90 minutes

Ingredients

- 1 stick salted butter plus 4 T
- 1/3 -1/2 cup flour
- 1 pint half and half
- 1 quart milk
- 4 cups cooked, diced lobster meat
- 1/2 cup sherry
- Bread or crackers

Directions

In a large skillet, melt 4 T butter and sauté chopped cooked lobster meat. Cook over medium heat until the red color is drawn out. Set aside.

Melt one stick of butter in a medium large Dutch kettle or other heavy cooking pot. Whisk in about 1/3 to 1/2 cup of flour and reduce heat. Add half and half slowly, whisking constantly. Continue to add about 1 quart milk and whisk until sauce thickens. Continue to reduce heat to low. Add reserved lobster meat. Add sherry to taste. Keep heat low. The dish does not want to boil. A large double boiler or chafing dish work well.

Serve over lightly toasted bread (I recommend Anadama), biscuits, or crackers.

Helene Quinn lives with her husband Bob on Eagle Island in Penobscot Bay Maine. During the summer months she provides meals for summer guests, serving up delicious local fare without the conveniences of running water and electricity. In addition to running the mail boat, Bob sets lobster traps each season.