



**COOKING CLASSES**  
AT SUR LA TABLE

**FOCUS SERIES:  
LOBSTER 101:  
LOBSTER ROLL**

WITH SUR LA TABLE CHEF

# Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

## Proteins

- 3 lobsters (1 1/2 pound each) or 4 lobster tails (4-ounce)

## Produce

- 1 bunch celery
- 1 bunch green onions
- 1 bunch flat-leaf parsley
- 1 lemon

## Dairy

- 1/4 cup mayonnaise
- 2 tablespoons unsalted butter

## Frozen

- Ice

## Pantry Items

- Tabasco sauce
- Kosher salt
- Freshly ground black pepper

## Dry/Canned Goods

- 4 top-split hot dog buns

# Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

## Cutlery

- Chef's knife
- Cutting board

## Hand Tools/Gadgets

- Measuring cups and spoons
- Mixing bowls (various sizes)
- Whisk
- Citrus juicer or reamer
- Meat mallet
- Lobster cracker or nutcracker
- Seafood fork or small meat carving fork
- Colander (optional)
- Silicone pastry brush
- Tongs
- Rolling pin (optional for removing meat)

## Cookware

- Lobster pot or large stockpot with steamer insert, or colander
- Large stockpot or large mixing bowl for ice bath
- Grill pan, grill, or large skillet

## **Pre-Class Mise en Place and Notes**

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

### **Maine Lobster Rolls**

1. We will be steaming lobsters in class. If you would like to steam your lobsters ahead of time, allow them to cool completely and transfer unshelled lobster to the refrigerator to cool.
2. We will be removing the meat from the lobster during class and chilling before making the rolls. Please have ice on hand to chill lobster meat.

### **Lobster Stock**

1. We will not be making stock in class. Your chef will walk you through the process.

## MAINE LOBSTER ROLLS

**Yield:** 4 servings

The classic Maine lobster roll recipe traditionally uses chilled lobster meat with only enough mayonnaise added to moisten the meat and add a small amount of flavoring. In this recipe, the addition of ingredients like celery and lemon juice brings a nice texture as well as flavor. Typically, a Maine lobster roll calls for frankfurter buns, but any top-split roll, slider buns, or bread of your choice may be used.

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*3 (1 1/2 pound each) lobsters or 4 (4-ounce) lobster tails*  
*1/3 cup celery, finely diced*  
*3 tablespoons green onions, white and light green parts only, minced*  
*1 tablespoon flat-leaf parsley, minced*  
*1/4 cup mayonnaise*  
*1 tablespoon fresh lemon juice*  
*Several dashes of Tabasco Sauce*  
*Kosher salt and freshly ground black pepper*  
*4 top-split hot dog buns*  
*2 tablespoons unsalted butter, softened*

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1. Steam or boil the lobster ahead of time. See attached cooking chart. When lobsters are cool enough to handle, using kitchen scissors or a mallet, separate shell from lobster meat. Cut meat into bite-sized pieces, transfer to a bowl, cover with plastic wrap and chill until cold.

2. **To prepare lobster salad:** To a mixing bowl, combine chilled lobster, celery, green onions and parsley. To a small bowl, whisk together mayonnaise, lemon juice and Tabasco. Pour sauce over lobster and using a silicone spatula, gently fold to mix. Taste and adjust seasoning with salt and pepper.

3. **To grill buns:** Lightly butter outside of hot dog buns. To a grill pan, grill or large skillet set over medium heat, place buns buttered-side down. Grill buns until golden brown.

4. **To assemble lobster rolls:** Fill each grilled bun with a generous portion of lobster salad. Serve immediately.

### **Recipe variations:**

- Try adding paprika, cayenne, or capers to the lobster salad for a little smokiness, heat, or brine.
- Fresh tarragon or chives can be adding to the salad or used in place of flat-leaf parsley.
- Lobster roll purists believe that only 2 ingredients are needed: lobster meat and mayonnaise. We think a little crunch, acid and spice up the ante, but try both ways and you decide.

## LOBSTER STOCK

***Yield:*** 2 quarts

Spent lobster shells are full of flavor and are perfect for making a rich seafood stock. Once cool, transfer stock to a freezer bag and freeze for up to 2 months. Lobster stock is wonderful in risottos, chowders, gumbo and bisques.

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*1/2 cup olive oil*  
*Lobster shells reserved from 4 medium lobsters*  
*6 cups water*  
*1 yellow onion*  
*1 celery stalk*  
*1 carrot, peeled*  
*2 bay leaves*  
*5 whole black peppercorns*

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1. To a large stockpot set over medium-high heat, add oil. When oil is shimmering, add shells and sauté 1 minute. Add remaining stock ingredients and bring to a boil. Reduce heat to low and simmer 2 hours, skimming any foam off the top with a slotted spoon. Strain broth and discard shells; set aside.

## How to Steam Lobster

**Steaming is the best way to achieve tender meat, while preserving more flavor. It's also harder to overcook in the steaming process.**

1. To a lobster pot, large stockpot or pasta pot add 2" of seawater or salted water. Set a steaming rack or pasta insert inside the pot and bring water to a rolling boil over high heat.
2. Place live lobsters in pot's steaming basket. Cover lobster pot and begin timing. Halfway through cooking time, remove lid and move lobsters around to ensure they are cooking evenly. Return lid to pot. The lobster is cooked when the shell has turned bright red and meat is cooked through and no longer translucent. The shell of large lobsters will sometimes turn red when the meat is still undercooked. To test for doneness, crack the area between the carapace and tail. The meat is cooked when it has turned from translucent to white.
3. Remove lobsters from pot and allow to cool 5 minutes so that the meat can absorb some of the moisture in the shell. Using meat mallets and lobster crackers, remove meat from tail, legs and claws. Eat lobster meat warm dipped in unsalted butter or chill for lobster rolls.

Approximate cooking times per the Maine Lobster Council:

Lobster Size	Lobster Steaming Time
1 pound	10 minutes
1 ¼ pounds	12 minutes
1 ½ pounds	14 minutes
1 ¾ pounds	16 minutes
2 pounds	18 minutes
2 ½ pounds	22 minutes
3 pounds	25-30 minutes
5 pounds	40-45 minutes

## How to Boil Lobster

1. To a lobster pot, large stockpot or pasta pot add 3 quarts of water for every 1 1/2 to 2 pounds of lobster. Bring to a rolling boil over high heat and add 1/4 cup salt for every gallon of water. Stun lobster by chilling in freezer for 20 minutes. This allows you to safely remove rubber bands from claws.
2. Remove rubber bands from claws and using tongs, add lobsters to pot. Cover lobster pot and begin timing. Halfway through cooking time, remove lid and move lobsters around to ensure they are cooking evenly. Return lid to pot. The lobster is cooked when the shell has turned bright red and meat is cooked through and no longer translucent. The shell of large

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Approximate cooking times per the Maine Lobster Council:

Lobster Size	Lobster Boiling Time
1 pound	8 minutes
1 ¼ pounds	9-10 minutes
1 ½ pounds	11-12 minutes
1 ¾ pounds	12-13 minutes
2 pounds	15 minutes
2 ½ pounds	20 minutes
3 pounds	25 minutes
5 pounds	35-40 minutes

### How to Grill Lobster

1. Preheat grill to medium-high heat. While preheating grill, stun lobster by chilling in freezer for 20 minutes. This allows you to safely remove rubber bands from claws. Prepare an ice bath large enough to fit lobsters.

2. **To parboil lobsters:** To a lobster pot, large stockpot or pasta pot add 3 quarts of water for every 1 1/2 to 2 pounds of lobster. Bring to a rolling boil over high heat and add 1/4 cup salt for every gallon of water. Remove rubber bands from claws and using tongs, add lobsters to pot. Parboil lobsters, 5 minutes. Using tongs, remove lobsters and plunge into ice bath to stop cooking.

3. **To prepare lobsters for grill:** Place parboiled lobsters on a cutting board. Using a chef's knife, insert knife into middle of carapace and with enough pressure, cut through body and halving lobster from midsection to head. Continue to cut from midline through tail, halving completely. Remove the black vein from tail and rinse head of tomalley.

4. **To grill lobsters:** Using tongs place lobsters shell side down on grill. Generously baste meat with butter, olive oil and seasonings of your choice. Flip lobsters and cook, flesh side down, 5 minutes. Flip lobsters and baste again. Continue to grill until meat is opaque, about 4-5 minutes more.