

## LOBSTER ROLL

*Prepared in 15 minutes or less.*

- ➔ 1½ lbs cooked lobster from your fishmonger or seafood market
- ➔ 4 tsp lite mayonnaise
- ➔ ¼ tsp dried tarragon
- ➔ ¼ tsp chervil
- ➔ ¼ tsp thyme
- ➔ ¼ tsp garlic salt
- ➔ ¼ tsp celery salt
- ➔ 4 hot dog buns, toasted
- ➔ ½ lemon, juiced
- ➔ ¼ lbs unsalted butter
- ➔ Salt and fresh pepper to taste
- ➔ Chopped chives for garnish



Cut the cooked lobster into ½ inch pieces and place them in a mixing bowl. Mix spices in a small bowl then set aside. Melt the butter in a saucepan over medium heat. Brush the insides of the hotdog buns with some of the butter then toast buns face down on a hot griddle or under a broiler. Add lemon juice to melted butter in the saucepan and stir gently.

Spread 1 teaspoon each of lite mayonnaise onto each toasted bun. Spoon equal amounts of lobster meat into each of the buns. Drizzle the lobster meat with the lemon-butter mixture. Sprinkle the spice seasoning mix to taste over the prepared lobster buns. Garnish with a pinch of chopped chives. Serve immediately with crispy sweet potato french fries. Serves 4.

*Option: If you prefer a little texture or crunch, add 2 cleaned celery ribs, thinly sliced to cooked lobster meat and toss.*

*If you prefer to pair wine with your lobster roll, select a wine with a little more acidity to balance it with the natural fat! I like to keep to the classics for this one and suggest a Riesling or a white Bordeaux.*