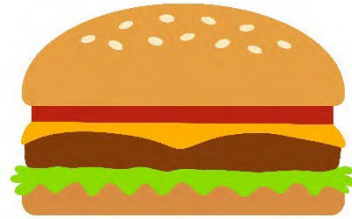


Connecticut Recipes

Connecticut Steamed Cheeseburgers

Ingredients:

- 1 ½ pounds lean ground beef
- 2 teaspoons soy sauce
- 1 teaspoon onion powder
- 1 teaspoon tomato paste
- ¾ teaspoon salt
- ¾ teaspoon pepper
- 1 cup shredded sharp cheddar cheese
- 4 hamburger buns



Directions:

Combine beef, soy sauce, onion powder, tomato paste, salt, and pepper in bowl. Divide beef into 4 balls. Gently flatten into patties. Press shallow divot in center of each patty. Bring 4 cups water to boil in covered Dutch oven over medium-high heat (water should not touch bottom of steamer basket).

Arrange patties in steamer basket. Set steamer basket inside Dutch oven, cover, and cook for 8 minutes. Remove Dutch oven from heat and divide cheese evenly among burgers, cover, and let sit until cheese melts, about 2 minutes. Place top buns on burgers and bottom buns, cut side up, on top of top buns. Cover and let sit until buns soften, about 30 seconds. Transfer bottom buns to plates, add condiments, and top with burgers and top buns. Serve.

Maple Peanut Butter Fudge

Ingredients:

- ½ cup pure maple syrup
- ⅓ cup salted natural peanut butter
- ¼ cup coconut oil
- 1 teaspoon vanilla extract
- ½ cup roasted salted peanuts, chopped



Directions:

Line a mini muffin pan with waxed muffin liners. In a small saucepan, mix the maple syrup, peanut butter, and coconut oil over medium heat. Stirring constantly, bring to a boil and while continuing to stir constantly, boil for about 2 minutes. Stir in the vanilla until well combined. Stir in 5 tablespoons chopped peanuts.

Pour into the liners, top with remaining chopped peanuts, and place the pan in the freezer. Freeze for about 2-3 hours. The liners will be easy to remove once the fudge has thoroughly frozen. Keep refrigerated until serving.

Connecticut Hot Lobster Roll

Ingredients:

- 8 ounces chopped lobster meat
- 1 stick butter
- Juice from 1 lemon
- ⅓ teaspoon paprika
- 4 split-top hot dog buns



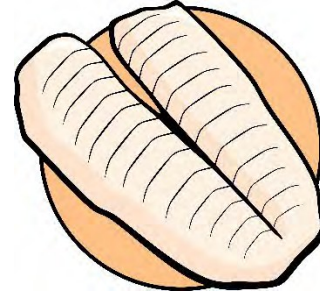
Directions:

Melt the butter in a saucepan with the lemon and paprika. Remove from heat and stir in lobster meat. Divide lobster meat among the hot dog buns and serve warm.

Broiled Shad

Ingredients:

2 pounds shad fillets, cut to make 4 pieces
1 tablespoon olive oil
 $\frac{3}{4}$ teaspoon chopped fresh thyme
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon freshly ground black pepper
1 tablespoon butter
4 lemon wedges, for serving



Directions:

Heat the broiler. Lightly oil a broiler pan or baking sheet. Put the fish in the pan and rub the surface with the oil. Sprinkle with chopped or dried thyme, salt, and pepper. Dot with the butter.

Broil the fish until golden brown and just done, about 4 minutes for $\frac{3}{4}$ "-thick fillets. Serve with the lemon wedges.

New England Bread Stuffing

Ingredients:

9 cups white bread cubes
3 cups chopped celery
2 teaspoons baking powder
 $\frac{1}{2}$ cup melted shortening
2 onions, chopped
3 teaspoons salt
3 teaspoons poultry seasoning
2 eggs



Directions:

Sauté onions in melted shortening. Mix bread cubes, celery, baking powder, sautéed onions, paprika, salt, poultry seasoning, and slightly beaten eggs. Mixture will be dry. Pack lightly into uncooked turkey. Roast turkey as directed.