

Maine Recipes

Lobster Roll

Ingredients:

4 (1-pound) lobsters
¼ cup plus 2 tablespoons mayonnaise
Salt and freshly ground pepper
¼ cup finely diced celery
2 tablespoons fresh lemon juice
Pinch of cayenne pepper
4 top-split hot dog buns
2 tablespoons unsalted butter, melted
½ cup shredded Boston lettuce



Directions:

Prepare a large ice-water bath. In a large pot of boiling, salted water, cook the lobsters until they turn bright red, about 10 minutes. Using tongs, plunge the lobsters into the ice-water bath for 2 minutes, then drain.

Twist off the lobster tails and claws and remove the meat. Remove and discard the intestinal vein that runs the length of each lobster tail. Cut the lobster meat into ½" pieces and pat dry, then transfer to a strainer set over a bowl and refrigerate until very cold, at least 1 hour.

In a large bowl, mix the lobster meat with the mayonnaise and season with salt and pepper. Fold in the diced celery, lemon juice, and cayenne pepper until well blended.

Heat a large skillet. Brush the sides of the hot dog buns with the melted butter and toast over moderate heat until golden brown on both sides. Transfer the hot dog buns to plates, filling them with the shredded lettuce and the lobster salad. Serve immediately.

Maine Fish Chowder



Ingredients:

4 tablespoons unsalted butter
1 medium onion, cut into $\frac{1}{4}$ " cubes
4 cups water
1 medium russet potato, peeled and cut into $\frac{1}{4}$ " cubes
2 $\frac{1}{2}$ - 3 pounds skinned fresh haddock, cut into 1 $\frac{1}{2}$ " chunks
2 cups heavy cream
2 teaspoons kosher salt
 $\frac{1}{4}$ teaspoon white pepper
 $\frac{1}{4}$ teaspoon dried dill

Directions:

In a 5- to 7-quart pot over medium-low heat, melt the butter. Add the onion and cook, stirring often, until translucent, 6 to 8 minutes. Set aside.

Pour the water into a 3- to 4-quart pot and add the potatoes. Bring the water to a boil, and then reduce to a simmer and cook until just tender, about 10 minutes. Remove the potatoes with a slotted spoon and set aside.

Add the fish to the potato liquid and simmer until the fish begins to flake, about 10 minutes. Remove the fish with a slotted spoon and add it and the potatoes to the cooked onions in the larger pot. Stir.

Slowly add the potato/fish broth and the heavy cream to the onion/fish/potato mixture. Stir well. Add the salt, white pepper, and dill. Simmer gently over low heat for at least 15 minutes, stirring occasionally. Serve hot.

Pan-Fried Wild Turkey

Ingredients:

2 cups breadcrumbs
6 eggs
1 tablespoon garlic powder
1 tablespoon onion powder
1 pound turkey breasts, cut into strips
Canola oil for frying



Directions:

Preheat oil to 375° F. Place breadcrumbs on a shallow bowl or a plate. In another bowl, whisk the egg with the garlic and onion powder. Dip strips in eggs and coat with breadcrumbs. In a large skillet over medium-high heat, fry strips for 5 minutes on each side until golden brown and turkey is cooked through.

Blueberry Cream Cheese Cookies

Ingredients:

1 cup sugar
½ cup butter, softened
4 ounces cream cheese
1 egg
1 teaspoon vanilla
2½ cups flour
1 teaspoon baking soda
1 teaspoon baking powder
¼ teaspoon salt
1 cup blueberries



Lemon Glaze:

1½ cup powdered sugar
1 tablespoon lemon juice
1 tablespoon milk
1 teaspoon vanilla
Zest of one lemon

Directions:

Preheat oven to 350° F. Spray a cookie sheet with cooking spray. In a large bowl cream together sugar, butter, and cream cheese until smooth. Add egg and vanilla and beat until incorporated.

In another bowl combine flour, baking soda, baking powder, and salt. Beat the dry ingredients into the wet ingredients until incorporated. Gently fold in blueberries. Drop heaping tablespoons of dough onto the cookie sheet. Bake for 10-12 minutes. Let cool on a wire rack.

To make the glaze, whisk together the powdered sugar, lemon juice, milk, vanilla, and lemon zest. Drizzle on top of cookies.

Fiddlehead Pasta with Lemon Butter Sauce

Ingredients:

1 pound pasta
3 cups fiddleheads, cleaned
4 tablespoons butter
2-3 garlic cloves, minced
2-3 tablespoons lemon juice
1 teaspoon lemon zest
1 cup parmesan cheese, grated
Salt and pepper, to taste



Blanche the fiddleheads for a minute or two in pot of boiling water. Remove with slotted spoon and add pasta to same water.

Sauté garlic in butter until not quite golden. Add lemon juice and cook another minute. Add fiddleheads and coat thoroughly. Toss with pasta, lemon zest, and cheese.

Maine Corn Scallop

Ingredients:

- 1 can creamed corn
- 1 can milk (use creamed corn can)
- 1 egg
- 1 sleeve saltine crackers, crushed
- ½ bag frozen corn
- ¼ stick butter



Directions:

In a 1-quart casserole dish, combine 1 can of cream corn with a can of milk. Mix in one beaten egg. Add the frozen corn. Stir in one sleeve of crushed saltine crackers. Add salt and pepper to taste.

Crush a quarter sleeve of crackers on the top. Put small pats of butter on the top of the casserole. Bake at 325° F for 45 minutes, or until golden brown.