

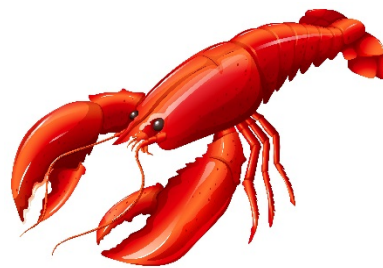


## Maine Recipes

### Lobster Roll

#### Ingredients:

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



#### Directions:

Prepare a large ice-water bath. In a very 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 1/2-inch 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, fill them with the shredded lettuce and the lobster salad and serve immediately.

## Maine Fish Chowder

### Ingredients:

4 Tbsp. unsalted butter  
1 medium-size onion, cut into 1/4-inch cubes  
4 cups water  
2 medium-size russet potatoes, peeled and cut into 1/4-inch cubes  
2 1/2 - 3 pounds skinned fresh haddock, cut into 1 1/2-inch chunks  
2 cups heavy cream  
2 teaspoons kosher salt  
1/4 teaspoon white pepper  
1/4 teaspoon dried dill



### Instructions:

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, 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 and white pepper; then add the dill. Simmer gently over low heat for at least 15 minutes, stirring occasionally. Serve hot.

## **Pan-fried Wild Turkey**

### **Ingredients:**

2 cups bread crumbs  
6 eggs  
1 Tbsp. garlic powder  
1 Tbsp. onion powder  
2 lbs. turkey breasts, cut into strips  
Canola oil for frying



### **Directions:**

Preheat oil to 375°.

Place bread crumbs on a shallow bowl or a plate. In another bowl, whisk the egg with the garlic and onion powder. Dip strips in eggs, then coat with bread crumbs.

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 oz. cream cheese  
1 egg  
1 tsp vanilla  
2½ cups flour  
1 tsp baking soda  
1 tsp. baking powder  
¼ tsp. salt  
2 cups blueberries  
**Lemon Glaze:**  
1½ cup powdered sugar  
1 Tbsp. lemon juice  
1 Tbsp. milk



1 tsp. vanilla  
Zest of one lemon

**Instructions:**

Preheat oven to 350 degrees. Spray a cookie sheet with cooking spray.  
In a large bowl cream together the sugar, butter, and cream cheese until smooth.

Add in 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 lb. pasta  
3 cups fiddleheads, cleaned  
4 Tbsp. butter  
2-3 garlic cloves, minced  
2-3 Tbsp. lemon juice  
1 tsp. 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 of milk  
1 egg  
1 sleeve of saltine crackers, crushed  
½ bag frozen corn  
¼ stick of butter



### Directions:

In a one 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° for 45 minutes, or until golden brown.