



## *THE LOBSTERMASTER'S PERSONAL RECIPES*

I love lobster. Maine or California, they are both terrific to eat. We serve only Maine lobster at the Port of Los Angeles Lobster Festival because the resource is well managed and affordable. The lobsters at the festival are prepared by San Pedro Seafoods and Quality Seafoods, Inc. These are two of the finest fish houses in Southern California. The festival does not profit from the sale of lobster meals because we want the public to enjoy the best deal possible.

Here are three of my personal recipes for you to try at home.

### **John Shelley's Lobster Cakes**

This is a modified a crab cake recipe that I learned while living with a family in Maine. The portions are approximate and I will admit that as a bachelor I probably never made it the same way twice. No matter how I made it, it was a hit at dinner.

Boil or steam enough lobsters to yield 1 pound or so of meat. Rule of thumb is that two 1.5 pounders usually worked. Clean lobsters and toss out the mess. Allow meat to cool. Chop the meat in small pieces.

Crush six saltine crackers

Chop one white onion. I got extravagant once and used a Maui onion. The result was terrific.

Two teaspoons of parsley, chopped

Two eggs, beaten

Teaspoon of dry mustard (you can use spicier jar mustard as long as it's not

too watery)

Ground pepper to taste

Chop a green pepper, or if you want to try something different, burn the skins off some Ortega chiles and use an equivalent amount instead.

Two spoonfuls of chopped parsley

Two dashes of Worcester Sauce or to taste. I tend to use a bit more as I like the flavor.

To Prepare:

Into a large bowl add the lobster meat, and then the egg, mix together.

Add onion, green pepper (or chiles), parsley, mustard, cracker crumbs, fresh ground pepper, Worcestershire Sauce add salt to taste and mix together.

Shape into patties

Saute in olive oil until browned.

Serve with a salad and cold beer.

## **BRIAN'S LOBSTER POT STICKERS**

My son has been living in Hong Kong for the past few years and speaks fluent Mandarin. He's supplemented his income from Chinese University in Hong Kong, where he is on the faculty, by writing restaurant reviews for a hotel travel guide. We are lucky that he's come to appreciate Chinese cuisine and has shared his appreciation with us. Here's a recipe that he found in Macao.

If you have never made pot stickers before, save yourself some grief and purchase a pot sticker folding device in the Asian food section of your supermarket.

1 pound finely chopped lobster meat

1/4 cup chopped water chestnuts

1/4 cup chopped chives

1/8 tsp bouquet garni

1/4 cup minced garlic

1/2 tsp salt

1/2 tsp freshly ground pepper

One package wonton skins

One jar of red colored, sweet ginger (refrigerated Asian food section). Often called pickled ginger, but be sure you get the sweet flavored type. It come cut into strips.

Drain and dry the water chesnuts.

Combine the first seven ingredients.

Moisten outer rim of wonton skin. Place a strip of the colored ginger onto the center of the skin and then one spoonful of the mixture. Fold over to close and press ends together. Repeat until you finish.

Add 1/2 cup rice wine vinegar and 1 tablespoon of soy sauce to 2 quarts of water in a pan. Bring to boil. Use a vegetable basket and boil pot stickers a few at a time for about 4 minutes each. Repeat until done. Can be made the night before and the pot stickers can be browned quickly or microwaved before serving.

## **Marci's Lobster Enchilada Pie**

My wife is from Nicaragua and a gourmet chef. This is a dish that originally used chicken, but she modified to use lobster. It's great and quick to fix.

1 pound lobster meat (flaked or chopped) cooked

1/2 cup chopped black olives

1/2 cup corn

24 oz. can of chopped Ortega chilies

1/4 tsp bouquet garni

(2) 8 oz. cans of enchilada sauce

1/4 cup fat free sour cream

3/4 pound grated jack cheese

12 corn tortillas

1/2 cup chives

Salt and pepper to taste

Chop the lobster meat into medium sized chunks and saute for about 8-10 minutes in your choice of mild salsa. Allow to cool and chop into smaller pieces.

Combine the first five ingredients. Place a small amount of enchilada sauce on the bottom of a 2 qt. microwave proof casserole dish. Be sure that the entire bottom is covered with sauce. Cover the sauce with corn tortillas. Add some of the mixed ingredients, cheese and then enchilada sauce. Repeat until you end with a layer of tortillas. Salt and pepper to taste and top with remaining cheese and enchilada sauce. Microwave on high for 10 minutes. This isn't to cook it more, but to melt the cheese and combine the ingredients. Let sit for 15 minutes, top with chives and cut into squares for serving.

#### ABOUT THE LOBSTER IN THE PICTURE

That's me with a 20+ pound California Spiny Lobster. I caught him off San Diego while on a underwater photo shoot for SKIN DIVER Magazine. The picture says it all. I tossed this grand old man of the sea back to live out his life in peace.