

Recipe from the York Harbor Inn Kitchen
Gerald Bonsey, CEC, AAC, York Harbor Inn Executive Chef

Yorkshire Lobster

Yield: 4 entrée portions

Ingredients & Amounts

Live Lobsters, 1 ¼ - 1 ½ pd each 4 count

Sea Scallops 8 ounces

Maine Shrimp, raw 8 ounces

Maine Crab meat 8 ounces

White Wine 1/2 cup

Whole Butter, melted 2 Tbsp

Salt 1/2 tsp

White Pepper 1/4 tsp

Thermidor Sauce 1 pint (recipe on York Harbor Inn site)

Method:

Steam lobsters for 12 minutes.

Combine scallops, shrimp, crab meat, wine and butter, season with salt and white pepper. Place seafood in a casserole dish in a single layer so that it cooks evenly.

Bake seafood at 375 for approx 12minutes, until cooked.

Remove claws form lobster and separate the tails from the bodies.

Place the tails with the soft side up, on a cutting board with the fins at 12:00.

Cut tails in half lengthwise, leaving the "fin end" whole, so that the cut tails curve around the fin end, creating a "bowl".

Place the tails onto the serving plate and fill the tails with the cooked seafood.

Top with 4 oz thermidor sauce.

Crack open the claws and place on either side the tail.

For a dramatic look, stand the lobster body up on the plate

(Many people like to pick the meat from the body and the small legs, as well as eating the red roe [lobster eggs] and the rich, green tomalley)

Serve with drawn butter and lemon..

Bonsey Tip:

*Any type of shrimp or crab may be substituted.