



The World-Famous Maine Lobster Roll

READY IN



46 min.

SERVINGS



3

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 medium cucumber diced peeled seeded finely
- ☐ 0.5 tablespoon tarragon fresh
- ☐ 2 to 3 new hot dog buns england-style
- ☐ 2.5 pound live maine lobsters fully cooked
- ☐ 0.3 cup bottled mayonnaise
- ☐ 3 servings pepper freshly ground
- ☐ 3 servings pickles and potato chips as accompaniment
- ☐ 2 small scallions thinly sliced
- ☐ 3 servings sea salt

- ☐ 2 tablespoons butter unsalted softened

Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ broiler
- ☐ colander
- ☐ cleaver

Directions

- ☐ Watch how to make this recipe.
- ☐ Prepare the lobster salad.
- ☐ If using live lobsters, steam or boil them.
- ☐ Let cool at room temperature. Use a cleaver to crack and remove the meat from the claws, knuckles and tails.
- ☐ Remove the cartilage from the claws and the intestines from the tails of the cooked meat.
- ☐ Cut the meat into 1/2-inch dice. You may pick all the meat from the carcass and add it to the meat or freeze the carcass for soup or broth.
- ☐ Place the cucumber in a colander for at least 5 minutes to drain the excess liquid.
- ☐ Combine the lobster, cucumber mayonnaise, and tarragon.
- ☐ Add the scallions. Season with salt and pepper. Cover with plastic wrap and chill for 30 minutes to 1 hour. Preheat a large heavy skillet (12 to 14-inches) over medium-low heat (a black cast-iron pan is perfect). Lightly butter both sides of each bun.
- ☐ Place them in the pan and cook for about 2 minutes until golden brown. Turn the buns over and toast the other side. Or toast the buns under a broiler instead. When the buns are ready, stuff them with the chilled lobster salad.
- ☐ Place each roll on a small paper or china plate; garnish with pickles and potato chips.
- ☐ Serve at once.

Nutrition Facts



 **PROTEIN 17.8%**  **FAT 58.05%**  **CARBS 24.15%**

Properties

Glycemic Index:87, Glycemic Load:9.02, Inflammation Score:-6, Nutrition Score:24.380434912184%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 512.14kcal (25.61%), Fat: 33.1g (50.93%), Saturated Fat: 8.39g (52.43%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 29.18g (10.61%), Sugar: 2.81g (3.12%), Cholesterol: 162.32mg (54.11%), Sodium: 1050.52mg (45.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.84g (45.67%), Selenium: 76.35µg (109.08%), Copper: 1.57mg (78.26%), Vitamin K: 48.1µg (45.81%), Vitamin E: 4.77mg (31.78%), Zinc: 4.4mg (29.34%), Vitamin B5: 2.88mg (28.77%), Manganese: 0.54mg (26.98%), Phosphorus: 260.09mg (26.01%), Vitamin B12: 1.42µg (23.63%), Vitamin B3: 4.34mg (21.7%), Potassium: 679.58mg (19.42%), Magnesium: 73.66mg (18.41%), Vitamin B1: 0.25mg (16.82%), Vitamin B6: 0.33mg (16.3%), Calcium: 160.26mg (16.03%), Folate: 56.59µg (14.15%), Iron: 2.16mg (11.99%), Vitamin C: 8.7mg (10.54%), Vitamin B2: 0.16mg (9.25%), Fiber: 1.81g (7.24%), Vitamin A: 356.79IU (7.14%), Vitamin D: 0.18µg (1.18%)