

upclose & tasty

The Lobster Roll

Inspired by The Food Network & Lobstergram.com

Recipe by the Deen Brothers

Ingredients:

4 (1 1/2-pound) cooked lobsters or 4 lobster tails or 1 1/2 pounds lobster meat

1/3 cup mayonnaise

3 tablespoons freshly squeezed lemon juice

2 inner celery stalks and leaves, finely chopped

2 tablespoons chopped fresh parsley leaves

Salt and freshly ground black pepper

4 rolls, split and lightly toasted

Melted butter, for brushing

Optional: *Old Bay*

Preparation:

- 1. Parboil the lobster tails by dropping them in a pot of boiling water.*
 - 2. When the water returns to a soft boil, reduce heat, set a timer for 1-2 minutes per 5 ounce tail and remove the tails from the water.*
 - 3. Insert a long metal skewer lengthwise in each tail to keep it from curling while cooking.*
 - 4. Lay the tails on their back side with the soft underneath side of the shell facing up.*
 - 5. Take a knife and cut through the shell lengthwise down the middle.*
 - 6. Pry the shell open, then pour melted butter and squeeze lemon juice right onto the meat.*
 - 7. Grill with the cut side facing up on medium heat.*
 - 8. Each tail should cook within 2 - 3 minutes, so be sure to test the tails often to make sure they don't overcook.*
 - 9. Remove the meat from the lobsters, chopping any large chunks into bite-size pieces.*
 - 10. In a bowl, combine the lobster meat, mayonnaise, lemon juice, celery, parsley, and salt and pepper to taste.*
- Note:** *Place lobster salad in refrigerator for 5 to 10 minutes. This allows the salad to absorb the flavorings.*
- 11. Brush cut sides of the rolls with melted butter and lightly toast them on the grill.*
 - 12. Fill the rolls with lobster salad and sprinkle with Old Bay, if desired.*

Enjoy!