

HARVEST ON THE HARBOR MAINE LOBSTER CHEF OF THE YEAR 2019 RECIPES

Note, these recipes are as provided by the chefs. The Chefs are listed, with their recipes, in alphabetical order.

THOMAS BARTHELMES | Central Provisions, Portland Maine Lobster Chef of the Year 2019 People's Choice

LOBSTER TOAST *lobster mousseline on toasted milk bread with lobster kewpie mayonnaise, tomatillo-seaweed relish, and green shiso*

Makes 8 portions

For the mousseline:

8 ounces lobster meat, raw and removed from the shell

1 egg

½ t salt

½ t white soy

½ C heavy cream

1 t grated ginger

½ t grated garlic

1/8 t sansho pepper

1 T finely chopped chives

1 T brunoised shallot

4 ounces poached lobster meat, removed from the shell and chopped

Combine the 8 ounces of raw lobster with egg, salt, white soy, ginger, sansho pepper and garlic and blend in a food processor until homogenous. With the machine running slowly stream in the heavy cream. Remove the mousseline and pass through a fine tamis. Fold in chives, shallot and chopped lobster and poach a small test wrapped in plastic wrap in simmering water. Adjust seasoning if necessary.

For the lobster kewpie mayonnaise:

4 lobster bodies, removed of lungs, antennae and outer shell

Canola oil

1 egg yolk per cup of oil

Yuzu juice, to taste

MSG, to taste

Sugar, to taste

Salt, to taste

Thoroughly clean the lobster bodies and drain well. Place in a pot that will fit them comfortably and just cover with canola oil. Slowly heat the lobster bodies and oil until the shells begin to lightly sizzle—once the sizzling subsides, monitor the oil closely. The shells should begin to lightly toast and the whole pot will smell very fragrant. Immediately remove from the heat and set aside to cool to room temperature. Strain the oil and discard the bodies—you will need 1 C of oil per egg yolk to make the mayonnaise (and will be more than enough for 8 portions).

Whisk the egg yolk(s) and stream in the lobster oil, adjusting the consistency with yuzu or water to maintain the emulsion. Season with sugar, salt, yuzu, and MSG (MSG is your friend!).

For the tomatillo-seaweed relish:

This recipe will yield more relish than you need, but it stores well in the fridge for the next time you need tomatillo-seaweed relish.

28 oz tomatillos, husked and diced fine
¾ C sugar
1/3 C glucose syrup
1.5 oz grated ginger
1 piece of kombu, 2" x 2"
1/3 C white verjus
2 sheets nori, chopped fine
2 oz wakame, chopped fine

Combine sugar, glucose, ginger, kombu and verjus in a pot and bring to a simmer, then set aside for 20 minutes to steep the kombu. Remove the kombu, chop finely and reserve. Combine your ginger-kombu syrup to your tomatillos in a pot and bring to a simmer. The tomatillo will soon begin to release their liquid—at this time, strain out the tomatillos and continue reducing your syrup to a glaze. Now return the tomatillo to the pot with the chopped kombu, nori, and wakame, continuing to simmer until jammy.

To assemble and serve:

4 slices of milk bread, ½ inch thick
Fine chiffonade of green shiso
Togarashi

Smear the lobster mousse evenly on two slices of bread, and cover each with another slice of bread. Wrap each sandwich with plastic wrap and steam until the mousse is fully set, and cool completely. Using a serrated knife trim off the crusts to square up the sandwiches, and then quarter them, leaving you with 8 square lobster sandwiches. Add butter to a nonstick griddle and toast the sandwiches until golden brown on each bread side and the mousse is hot through. Garnish with a spoonful of the tomatillo-seaweed relish, lobster mayo, green shiso chiffonade and togarashi.

JP Dubois | Cook's Lobster & Ale House, Bailey Island

Lobster Creme Brulee

Makes 8-10 4oz ramekins

In order to make this recipe one will have to first execute a lobster bisque (recipe follows); this among other ingredients will be the basis of the crème brulee. Enjoy.

Lobster bisque:

butter 2 tbs
lobster (3 uncooked)
mirepoix (carrots, onion, celery) (1 cup)
tomato (1)
olive oil (2 tbs)
cognac (2 oz)
white wine (1.5 cups)
bay leaf
fresh tarragon (2 tbs)
garlic clove mashed
cayenne
Lobster stock (or fish of some kind) (2 cups)
beef broth (1 cup)
heavy cream (splash)

Prepare the lobster by splitting them live and separating the tails from the bodies. Heat olive oil in pan and sautee the lobster (shells and all) until shells turn red. Add cognac and flambee. Reduce heat and add the butter. Add mirepoix and sautee mirepoix until translucent. Add tomato, garlic, cayenne, bay leaf, tarragon. Deglaze with white wine, add lobster stock (or substitute any kind of seafood broth) and beef broth; simmer for 20 minutes until flavors have combined. Next strain entire soup through fine strainer. Put broth in food processor or blender, pick lobster meat from shell, and blend together. Strain once more if necessary. Finish with heavy cream and season with salt and pepper to taste.

For the Lobster Creme Brulee

12 egg yolks
4 cups lobster bisque
Vanilla bean, scraped
Sugar in the raw

Scrape the vanilla into the bisque and bring to a boil. In a separate bowl, temper the egg yolks by adding a small amount of the hot bisque and whisking. Next, add 1/3 of the bisque to the egg yolk mixture, whisk to combine. Finally, add remaining bisque, whisk to combine. Strain the liquid through a fine strainer and place in any kind of oven safe vessel. Place vessels into a pan and fill with water halfway up the crême brulee vessel sides. Cover with foil and bake at 350 for about 30 minutes. You are looking for the mixture to be set (giggle) but be careful not to cook the eggs too much (scrambled). Next cool the brulee completely. Sprinkle top with sugar in the raw and torch gently (or broil) until melted and golden brown.

Rick Shell | The Tiller, Cape Neddick
Lobster Fried Rice

2 cups jasmine rice
1/2 stalk lemongrass (crushed)
1.5 cups fresh lobster meat (rough chopped)
1 cup shelled edamame
2 TB Gf soy sauce
3 TB sriracha
1.5 TB mirin
2 tsp fish sauce
2 TB green curry paste
½ cup coconut milk
1 red pepper (diced)
1 shallot (small diced)
3 cloves of garlic (diced)
3 TB diced ginger

Cook the rice with the crushed lemongrass. 1:1 ½ ratio
Sauté the ginger, garlic, red pepper and shallots
Add the green curry, coconut milk, and remaining liquid
Cook until combined and add rice
Add all the herbs, edamame and lobster meat
Garnish with toasted hazelnut, cilantro leaves, chiffonade mint and Thai basil

Jeremy Lamoureux | Noble Kitchen & Bar, Brunswick
Lobster “Bake”

This is a play on a classic Maine Lobster Bake, which typically features lobster, clams, corn, and potatoes

For the Lobster:

Place raw lobster meat in a heavy plastic bag. Try to keep bag flattened so meat cooks evenly.
Sous vide at 138.5 degrees F for one hour.

For the Smoked Clam and Corn Crème:

24 ea. Littleneck Clams
1 cup Applewood chips, soaked in water for at least 30 minutes
10 ea. Cooked Corn Cobs, kernels removed and reserved for later
2 ea. Vidalia Onion, Diced small
3 Cloves garlic, minced
1 Cup White Wine (I use Chablis)
2 TSP Madras Style Curry Powder
1 Qt. Seafood Stock
2 Qt. Heavy Cream

Salt and White Pepper to taste
¼ Teaspoon Xanthan Gum

Smoke clams and corn cobs with Applewood until clams are opened. Remove from smoker. Remove clam meat from shells. Reserve shells and corn cobs. Chop clams and reserve for assembly.

In a heavy sauce pot, saute onion and garlic until lightly browned. Deglaze with white wine and reduce. Add in seafood stock, corn cobs, and clam shells. Reduce by half, then add heavy cream. Let simmer for 30 minutes. Whisk in xanthan gum to thicken slightly. The crème should coat the back of a spoon. Strain through a fine chinois. Adjust seasoning.

For the Crispy Potatoes

2 ea. Norwiss Chef's Potatoes
Canola Oil for frying
Sea Salt to taste

Heat canola oil to 275 degrees. Using the gaufrette attachment on a mandolin, cut potatoes into gaufrettes. Fry until lightly browned and bubbles subside. Remove and let drain on a rack lined sheet pan. Season chips as soon as they come out of the oil. Let cool to room temperature.

For the Pickles

Corn, cooked and removed from cob (cobs used in clam and corn crème above)
2 cups Distilled Vinegar
¼ Cup Salt
1/3 Cup Sugar
1 tsp Turmeric
1 TBL Black Peppercorns
2 Cloves garlic, smashed
1 Bay leaf
2 Sprigs Dill

Place corn in a container with a lid. Place all other ingredients into a sauce pot and bring to a simmer. Simmer for 10 minutes, then strain liquid into the container with the corn. Let cool to room temperature, then place in refrigerator to chill.

Remove lobster from sous vide bag. Warm chopped clams gently in a pan. Toss lobster with chopped clams, a bit of clarified butter, and chives. Plate by placing lobster and clams down first, ladle smoked clam and corn crème over the meat. Garnish with corn pickles and fresh dill. Top with crispy potato gaufrette.

Matthew H Eaton | Natalie's, Camden
Lobster Bahn Mi

Lobster stock makes 1 Gallon

- Oil
- 2 Yellow onions; peeled
- 3 stalks celery
- 2 Large carrots
- 85g tomato paste
- Lobster bodies (Roughly 12-15 bodies are sufficient)
- White Wine to deglaze
- Sachet of toasted coriander, black peppercorn, celery seed, parsley and cilantro stems

Procedure:

- Roast lobster bodies (If uncooked) in a roasting tray until deep reddish color, roughly 16 minutes.
- Remove bodies from hot tray and add enough water to cover any lobster stuck to the pan. Scrape with a wooden spoon and reserve.
- Wash and roughly chop onions, celery and carrots.
- Heat oil in a stock pot, add vegetables and sauté until they begin to color.
- Deglaze vegetables with white wine and add tomato paste and mix well.
- Add lobster bodies and deglazing liquid from the roasting pan to the pot.
- Cover with water and add sachet
- Bring to a boil before turning the pot to a simmer. Allow to simmer for 45 minutes to 2 hours until flavorful.
- Strain and reserve liquid

Lobster reduction Aioli, Roughly 1 quart

- 1 Egg Yolk
- Water, As needed
- ¼ cup Lobster Reduction
- 2 tsp Spoonful of Dijon Mustard
- 2tsp Rice Wine Vinegar
- Canola Oil, as needed
- Sea salt

Procedure:

- In a blender, beat egg yolk and a small amount of water on high speed.
- While running, slowly add the Dijon, reduction and vinegar. Allow to fully mix.
- Continuing on high speed, emulsify oil until thickened. When used it should be spreadable and not runny.

- Season with salt, additional reduction or vinegar, if needed. Keep cold until use.

Basic Pickling Liquid

- 3 cups Champagne Vinegar
- 1 cup cold water
- ½ c sugar
- Salt to taste

Bring all ingredients to a boil. Taste and adjust seasoning before pouring over vegetables prepped. For the Bahn M, I use Fresno pepper rings and julienned carrots. Cover with pickling liquid and rapidly cool in an ice bath.

Lobster Reduction Butter

- Approx. ¼# of Butter
- One stick of butter; softened
- 1 tsp Ginger; grated
- One Chive; finely chopped
- 1 Lime Zested
- 3 Tbsp Lobster reduction
- 10 leaves Chopped Cilantro

Procedure

- In mixer, beat butter before adding all ingredients. The primary flavor is lobster with the remaining ingredients offering balance. Adjust flavors accordingly.
- On a piece of parchment, spoon butting into rough log shape. Roll parchment tightly to seal butter into log shape. Freeze until needed.

Bahn Mi Sauce

- ½ C Soy sauce
- 1Tbsp Mirin
- ¼ bunch of Cilantro, roughly chopped
- ½ Pickled Fresno peppers, brunoise
- 1 Drop of Lobster Garum
- Juice and zest of 1 Lime

Whisk all ingredients together, taste and adjust flavors as needed.

Lobster Roe Mousse Makes one small, spreadable mousse

- 250g Lobster Roe Sacs, raw

- 24 Cilantro leaves
- 1 Brunoise Pickled Fresno Peppers
- 3-4 Drops of Lobster Garum
- Zest and juice of 1 lime
- 1 tsp grated Ginger
- 200mL Crème Fraiche, homemade if feasible
- 160 ml Extra Virgin Olive Oil
- Cracked White Pepper
- Salt, to taste

Procedure:

- Peel any membrane from the roe sac. You only want the eggs inside. Split the sac open and with a sharp knife gently scrape the roe out of the sac, place in a bowl
- Emulsify the olive oil into the roe with a sturdy whisk
- Once emulsified, incorporate the crème fraiche and garum until light with texture
- Fold in lime, chopped cilantro, ginger, Fresno, and cracked pepper. Finished Mousse should be stable enough to spoon.
- Spoon mousse onto plastic wrap and wrap into a tight log, tying off both ends.
- Cook mousse in a water bath until roe is cooked, generally a bright orange color to the mousse.
- Rapidly cool in an ice bath and keep cold until use

Assembly, To Make 6 Sandwiches

- 6 Mini Baguette
- 90g Lobster Reduction Butter, softened
- Lobster Reduction aioli recipe available online at harvestontheharbor.com/lobsterchefrecipe
- 150g Lobster Roe Mousse
- 45g chopped Lobster Meat
- Melted butter, kept warm
- 2 Limes
- Pickles
 - 6g Fresno Rings
 - 24g Lobster Pickled Daikon Radish Ribbons
 - 36g Julienned Pickled Carrot
- 2 Bunches Cilantro; Washed and removed from stems
- ½ c Bahn Mi Sauce

Preheat a grill or cast-iron pan

- Put chopped lobster meat in warm butter set on low heat

- Cut Baguettes lengthwise. Do not cut all the way through the bread. Open but keep the top and bottom attached on one end.
 - Butter bread and toast in oven until butter has melted. Grill until well toasted
 - Spread Roe mousse on the bottom of the bread and the aioli on the top of the bread.
 - Remove lobster from the butter, season with salt and generous lime juice
 - Place lobster meat atop mousse, followed by all the pickles. Zest with lime.
 - Finish sandwich with whole cilantro, roughly 1/3 of a bunch per sandwich
 - Serve with lime wedge and Bahn Mi Sauce
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Avery Richter | Black Tie Company, Portland

2018 Maine Lobster Chef of the Year Judges' Choice

Lobster Laab Gai Lettuce Wrap

1 head boston/ bibb lettuce

½ lb fresh picked lobster (rough chopped)

1/4 cup julienne red onion

1/4 cup julienne carrots

1/4 cup julienne cucumbers

1 cup ginger lemongrass vinaigrette

1 lime

1 1/2 bunch mint

1/2 bunch thai basil

1 serrano pepper (thin sliced, seeds left in for more spice)

1 cup crispy shallots for garnish

Directions

Take the bibb lettuce and pull off the lettuce leaves so that you have individual serving vessels/cups.

Combine lobster, red onion, carrots, cucumbers, and ginger lemongrass vinaigrette in small bowl.

In each lettuce cup (you should have about 12-15) add a scoop of the lobster laab gai.

Top each serving with some freshly torn mint and basil. Then add a slice or two of the chills and a fresh squeeze of lime. Finally, finish with some crispy shallots. Enjoy!

Gluten Free, Pescatarian and Dairy Free

Hagai Bernstein | EVO, Portland
Corn and Lobster Soup Dumpling

Lobster stock

4 lobster bodies and legs (gutted and cleaned)
1 onion
2 stalks celery
2 carrots
1 fennel
4 cloves garlic
1 Tbsp black peppercorns
1 Tbsp Harissa paste
1/2 cup ouzo
1/2 cup tomato paste
4 quarts water
2 Tbsp sea salt
5 sheets gelatin

Soup

4oz lobster knuckle
1 cup diced mirepoix
1/2 cup potatoes diced
1/4 cup corn
2 Tbsp olive oil
1 tsp sea salt

Dough

3 cups flour
2 large eggs
1/2 cup warm water
1/2 teaspoon salt

Creamed corn

2 cups corn kernels
1 shallot diced
1 garlic clove crushed
1 roasted poblano diced
2oz butter unsalted
1 tsp salt

1 tsp harissa

Lobster meat

4 claws

4 tails halved

1/2 warm clarified butter

Dana Moos | Maine Lobster Chef of the Year 2018 People's Choice

Pacific Rim Lobster Salad

Brown butter poached lobster, carrots, napa cabbage, scallions, smoked red pepper aioli, sweet soy glaze, soy caviar pearls, diced mango, fried wontons

Ingredients for 6:

12 wonton wrappers, cut on a diagonal

8 ounces raw picked lobster meat

1 stick butter for poaching

1/4 cup thinly sliced Napa cabbage, leafy parts only

1 bunch of scallions, thinly sliced on a bias

1/4 cup thinly julienned carrots

micro greens

smoked red pepper aioli recipe available online at

harvestontheharbor.com/lobsterchefrecipesoy glaze recipe available online at

harvestontheharbor.com/lobsterchefrecipe

2 large shallots

vegetable oil for frying shallots and wontons

soy pearls recipe available online at harvestontheharbor.com/lobsterchefrecipe

1 fresh mango, finely diced

sesame seeds for garnish

1/2 teaspoon grated ginger

1 small jalapeño, finely diced

1/2 teaspoon lime juice

1/4 teaspoon sea salt

Fry wonton triangles in 375 degree oil until browned, about 30 seconds per side. Drain, salt, cool completely.

Keep in airtight container until ready to use.

Mix together the mango, jalapeño, lime juice and salt and set aside.

Thinly slice shallots and fry in 375 degree oil until browned. Drain on towel until ready to use.

Brown Butter Poached Lobster:

In small saucepan, add 1 stick butter and cook over medium-low heat until lightly brown in color and milk solids have fully separated, about 8–10 minutes, watching very carefully not to burn the butter. Strain through fine mesh sieve and place in large saute pan.

Heat butter over medium-low for 1 minute. Add lobster and cook until lobster is fully opaque, but cook slowly to avoid overcooking, about 6–8 minutes. Remove lobster and set aside. When cool, cut into small bite size chunks.

To assemble:

Mix lobster with the cabbage, carrots, scallions, micro greens, fried shallots and mix with about a tablespoon or two of the soy glaze. Place into dish, top with a drizzle of aioli. the diced mango salsa, sesames and soy pearls. Serve with two fried wonton triangles.

**Jessica Werthen | Chebeague Island Inn
Maine Lobster Chef of the Year 2019 Judges' Choice**

Butter Poached Lobster: Corn/ Cherry Bomb/ Brown Butter

Corn Soup:

12 ears of corn shucked, trimmed and scraped

1 Jalapeno brunoise

1 onion diced

3 garlic cloves shaved

2 brunoise shallot

2 qt heavy cream

Sachet:

12 black peppercorn

1 bay leaf

4 sprigs thyme

Cherry bomb Relish:

60 g. pickled cherry bomb peppers brunoise

20 g. pickling liquid
30 g. brunoise scallion
60 g. chiffonade parsley
1 lemon zest & juice
2 pinch salt

Lobster Stock:

10 lobster bodies
1 large white onion diced
3 celery stalks
4 peeled and rough chop carrot
4 oz. tomato paste
1 cup sherry wine

Sachet:

8 black peppercorn
4 pink peppercorn
1 lime leaf

Lobster Cream:

Reduce lobster stock by half
Simmer 2 qt heavy cream until double cream
Add in lobster stock

Pate Choux:

1# milk
1# water
1# butter
1.5# Flour
2# eggs

Brown Butter Crumb:

4 Oz. Brown butter
300 g. Tapioca Maltodextrin
1 pinch salt
