



MAINE LOBSTER POTATO SKINS

Kathleen Chisholm - Student Michael Lagasse - Student
Tony Poulin—Chef Instructor Wilfred Beriau, B.S., M.S.E.d., A.A.S. - Chef Instructor
Southern Maine Community College
South Portland, Maine

Ingredients:

1 large russet potato (60 ct)
1 - 1-1¼ lb. Maine lobster, blanched; tail, claw & knuckle meat picked and diced (about 4 oz. meat)
4 Tbsp. salted Maine butter, melted
4 tsp. fresh squeezed lemon juice
1 Tbsp. fresh tarragon, chopped
1 Tbsp. shallots, minced
½ - 1 tsp. chipotle pepper spice (or other chili pepper spice)
1 Tbsp. salted Maine butter
1 Tbsp. shallots, minced
1 Tbsp. dry vermouth
Maine sea salt and fresh ground black pepper to taste
2 oz. Maine Monterey jack cheese, grated
2 oz. Maine salsa jack cheese, grated
2 Tbsp. scallion tops, thinly sliced—for garnish
2 Tbsp. red bell pepper, fine dice—for garnish

Continued on back.....



MAINE LOBSTER POTATO SKINS

Kathleen Chisholm - Student Michael Lagasse - Student
Tony Poulin—Chef Instructor Wilfred Beriau, B.S., M.S.E.d., A.A.S. - Chef Instructor
Southern Maine Community College
South Portland, Maine

Ingredients:

1 large russet potato (60 ct)
1 - 1-1¼ lb. Maine lobster, blanched; tail, claw & knuckle meat picked and diced (about 4 oz. meat)
4 Tbsp. salted Maine butter, melted
4 tsp. fresh squeezed lemon juice
1 Tbsp. fresh tarragon, chopped
1 Tbsp. shallots, minced
½ - 1 tsp. chipotle pepper spice (or other chili pepper spice)
1 Tbsp. salted Maine butter
1 Tbsp. shallots, minced
1 Tbsp. dry vermouth
Maine sea salt and fresh ground black pepper to taste
2 oz. Maine Monterey jack cheese, grated
2 oz. Maine salsa jack cheese, grated
2 Tbsp. scallion tops, thinly sliced—for garnish
2 Tbsp. red bell pepper, fine dice—for garnish

Continued on back.....

Directions:

1. Scrub potato well and bake at 350° F for about 1 hour or until done through. Allow to cool until easy to handle.
2. While potato is baking, blanch lobster in seasoned boiling water for 3-4 minutes. Immerse in ice water bath to stop cooking. Pick and clean tail, claw, and knuckle meat (meat will be opaque and not cooked through). Dice into ¼ to ½ inch pieces. Toss with 2 teaspoons lemon juice. Reserve meat for later.
3. Cut potato in half lengthwise and then cut halves into quarters lengthwise. Remove potato flesh leaving about ¼ inch flesh on the skins.
4. To the melted butter, add the remaining 2 teaspoons lemon juice, chopped tarragon, 1 tablespoon shallots and chipotle pepper spice. Stir to combine.
5. Generously brush the seasoned butter on flesh side of potato skins. Bake at 450° F, flesh side up for 15-20 minutes until golden brown and crisp. Season with salt and pepper.
6. Melt remaining butter in a sauté pan over medium heat and sauté shallots with lobster for 1-2 minutes. Add vermouth and cook another minute. Remove from heat and drain off any excess liquid.
7. Grate both cheeses and combine together.
8. Evenly spoon lobster mixture over potato skins and top each skin with 1 ounce grated Monterey jack cheese.
9. Broil skins until cheese is melted and bubbly.
10. Top skins with scallions and diced red pepper. Serves two.

This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.

Directions:

1. Scrub potato well and bake at 350° F for about 1 hour or until done through. Allow to cool until easy to handle.
2. While potato is baking, blanch lobster in seasoned boiling water for 3-4 minutes. Immerse in ice water bath to stop cooking. Pick and clean tail, claw, and knuckle meat (meat will be opaque and not cooked through). Dice into ¼ to ½ inch pieces. Toss with 2 teaspoons lemon juice. Reserve meat for later.
3. Cut potato in half lengthwise and then cut halves into quarters lengthwise. Remove potato flesh leaving about ¼ inch flesh on the skins.
4. To the melted butter, add the remaining 2 teaspoons lemon juice, chopped tarragon, 1 tablespoon shallots and chipotle pepper spice. Stir to combine.
5. Generously brush the seasoned butter on flesh side of potato skins. Bake at 450° F, flesh side up for 15-20 minutes until golden brown and crisp. Season with salt and pepper.
6. Melt remaining butter in a sauté pan over medium heat and sauté shallots with lobster for 1-2 minutes. Add vermouth and cook another minute. Remove from heat and drain off any excess liquid.
7. Grate both cheeses and combine together.
8. Evenly spoon lobster mixture over potato skins and top each skin with 1 ounce grated Monterey jack cheese.
9. Broil skins until cheese is melted and bubbly.
10. Top skins with scallions and diced red pepper. Serves two.

This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.