

Island  **THE WEEKLY
Ad-Vantages**  **PACKET**

THE VIEW FROM ATLANTIC AVENUE

By: Pam Aubuchon-Fields

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Fall for Lobster Pie!

I am partial to a good cold lobster roll during the summer months, but as we head into fall, a warm dish is a great change—and you can still support our lobstermen and satisfy your visitors looking for a lobster treat! Here's a recipe that I think you'll enjoy.

Ritz Lobster Pie* (Makes 4 servings) **Preheat oven to 425 degrees**

Crushed Ritz crackers make a wonderful topping or stuffing for almost any seafood, including this classic lobster pie.

Ingredients

	1/2 cup seafood broth or clam juice
1 cup (2 sticks) Butter	Salt & freshly ground black pepper
2 cups crushed Ritz crackers	3 cups coarsely chopped cooked lobster meat (1 pound)
2 teaspoons grated Lemon zest	
2 tablespoons lemon juice	Fresh parsley sprigs for garnish Lemon wedges for garnish

1. Melt 3/4 cup (1 1/2 sticks) of butter in a large skillet. Add the cracker crumbs and cook over medium-high heat, stirring often, until very lightly toasted, about 2 minutes. Add the lemon zest and juice and stir in the broth, tossing to combine. Season with salt and pepper to taste.
2. Divide the lobster meat among four 12- to 16-ounce ramekins or strew in the bottom of a shallow 1 1/2-quart baking dish. Cover with the cracker mixture, patting it on evenly. (The casseroles can be prepared up to 8 hours ahead and refrigerated. Remove from refrigerator 1 hour before baking.)
3. Bake the casserole(s) until the top begins to brown and the lobster is heated through, 10-15 minutes. Garnish with parsley and lemon wedges and serve the remaining 4 tablespoons butter, melted, alongside for spooning onto the lobster meat.

**Recipe is from "Lobster! 55 Fresh & Simple Recipes for Everyday Eating" and is printed with permission from Brooke Dojny, the fabulous cookbook author!*

Learn about MCCF by visiting us at www.coastalfisheries.org.

Prices to Harvesters in Stonington, as of 9/9/2024

Lobster (hard): \$6.65/lb.
Lobster (shedder) \$5.75/lb.
Bait (pogies): \$90/box
Fuel (diesel): \$3.15/gal

Oceanographic Buoy I-01

44°6'10"N 68°6'44"W – Frenchboro
Top Temperature (1 meter): 54.73°F 12.63°C
Bottom Temperature (50 meters): 50.99°F 10.55°C
Source: www.neracoos.org