
Lobster Phyllo Triangles (Hot)

Susan W Simons

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These pastries keep, unbaked, in the refrigerator for two days, or they may be frozen immediately for future use.

FILLING

4 tablespoons unsalted butter

3 scallions, finely chopped

5 large canned tomatoes, drained, seeded and chopped

1 tablespoon chopped fresh tarragon

salt (to taste)

freshly ground pepper (to taste)

meat of a steamed lobster (1-1/2 pounds), finely chopped

2 tablespoons sweet white wine

1 1/2 tablespoons flour

1/4 cup heavy or whipping cream

PASTRY

1 pound phyllo dough

1 cup (two sticks) unsalted butter

Make the filling: Heat two tablespoons of the butter in a medium-size frying pan. Add the scallions and saute' over low heat until limp, about 2 minutes. Add the tomatoes, tarragon, salt and pepper. Simmer until slightly thick, 15 to 20 minutes.

Add the lobster meat and wine. Raise the heat to high and stir quickly to combine. Drain the mixture, reserving the liquid.

Melt the remaining two tablespoons of butter in another frying pan over low heat. Add the flour and cook slowly, stirring constantly, for 5 minutes (do not let the mixture brown). Add the reserved liquid and the cream. Continue stirring until the mixture begins to thicken.

Combine the lobster mixture and the cream mixture. Allow to cool completely.

Assemble the triangles: Melt the one cup of butter. Brush one sheet of the phyllo dough with butter. Top with two more sheets, buttering each. Cut the stack of sheets in half lengthwise, then cut each half crosswise into six parts.

Spoon one teaspoon of the lobster filling onto the end of each strip. Fold as you would a flag, forming a triangle and tucking the end under.

Repeat the process until the phyllo and the filling have been used.

Preheat the oven to 400 degrees. Butter baking sheets.

Place the phyllo triangles on the prepared baking sheets. Brush the tops with melted butter. Bake until golden brown, about 10 minutes.

Serve hot.

Yield: 50 pastries

Appetizers

Per Serving (excluding unknown items): 2741 Calories; 166g Fat (80.3% calories from fat); 41g Protein; 51g Carbohydrate; 11g Dietary Fiber; 372mg Cholesterol; 3041mg Sodium. Exchanges: 16 1/2 Grain(Starch); 5 Vegetable; 33 Fat.