
Lobster BLTs

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Preparation Time: 20 minutes

Start to Finish Time: 30 minutes

To toast the bread in the oven, arrange the slices on a sheet pan. Place in a preheated 400 degree oven for 10 minutes until lightly toasted.

4 slices thick-cut, applewood smoked bacon

1/2 cup good mayonnaise

1/4 cup ketchup

1 tablespoon sweet relish

freshly ground black pepper

2 ripe Hass avocados, pitted and peeled

juice of one lemon

8 slices (1/2-inch thick) good bakery white bread, lightly toasted

4 large Bibb, Boston or butter lettuce leaves

4 slices (1/4-inch thick) ripe red tomato (one large tomato)

1/2 pound (from two 1-1/4 pound lobsters) cooked lobster meat, sliced

Preheat the oven to 400 degrees.

Place a baking rack on a sheet pan and lay the bacon on the rack in a single layer. Roast the bacon for 15 to 20 minutes, until browned. Transfer to a plate lined with paper towels. Set aside.

Meanwhile, for the dressing, whisk together the mayonnaise, ketchup, relish, 1/4 teaspoon of salt and 1/8 teaspoon of pepper in a medium bowl. Set aside. Slice the avocados crosswise 1/4 inch thick. Place the slices in a bowl with the lemon juice. Toss gently and set aside.

To assemble, place four slices of toast on a board and slather them generously with the dressing. On each sandwich, place first a lettuce leaf, then a layer of avocado, then a slice of tomato. Sprinkle generously with salt and pepper. Cut a slice of bacon in half and place both halves on the tomato. Top with one-quarter of the lobster. Generously spread more sauce on the remaining four slices of toast and place them, sauce-side down, on the sandwiches.

Serve immediately.

Yield: 4 sandwiches

Sandwiches, Seafood

Per Serving (excluding unknown items): 133 Calories; 1g Fat (4.1% calories from fat); 16g Protein; 17g Carbohydrate; 1g Dietary Fiber; 52mg Cholesterol; 987mg Sodium. Exchanges: 2 Lean Meat; 1 Other Carbohydrates.