

# Connecticut Lobster Roll Sandwich

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## Servings: 4

*3 (two pound each) live lobsters*

*1 stick unsalted butter*

*4 top-split hot dog buns*

*3 tablespoons fresh chives, minced*

*2 teaspoons fresh tarragon, minced*

*paprika (for topping)*

## Preparation Time: 25 minutes

In a large stockpot, bring two inches of salted water to a boil. Add the lobsters. Cover and steam until bright red, 9 to 10 minutes. Remove the lobsters to a baking sheet with tongs. Let cool.

Remove the meat from the lobster shells. Twist off the claws. Break off the tail. Pull off the flippers. Insert your thumb into the flipper end of the tail and force out the meat. Crack the claws with the flat side of a knife or a lobster cracker. Remove the meat. Cut the lobster meat into 3/4-inch chunks, discarding any cartilage from the claws.

In a large nonstick skillet over medium heat, melt two tablespoons of butter. Add the buns and toast, turning, until golden on both sides, about 3 minutes. Remove to a plate.

Wipe out the skillet. Add the remaining six tablespoons of butter and the lobster meat. Reduce the heat to medium low. Cook, stirring gently, until the lobster is just warmed through, about 2 minutes. Remove from the heat. Stir in the chives and tarragon. Season with salt. Divide among the buns. Sprinkle with paprika.

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Per Serving (excluding unknown items): 204 Calories; 23g Fat (99.1% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 62mg Cholesterol; 3mg Sodium. Exchanges: 0 Vegetable; 4 1/2 Fat.