
Lobster Thermidor II

Home Cookin - Junior League of Wichita Falls, TX - 1976

3 cups diced lobster
4 tablespoons butter, melted
1/2 pound mushrooms, sliced
2 tablespoons butter, melted
1/4 cup brandy, warmed
2 tablespoons flour
1/2 cup milk
1 cup half-and-half
1/2 cup chicken broth
2 egg yolks
1 teaspoon dry mustard
salt
pepper
bread crumbs
Parmesan cheese

In a skillet, heat the lobster in four tablespoons of melted butter. Stir often and do not brown.

In another skillet, saute' the sliced mushrooms in two tablespoons of melted butter for 3 to 4 minutes. When the lobster is hot, add the warmed brandy; light it, and shake the pan until the flame dies. Remove the lobster and add the flour, blend into the juices left in the skillet.

Gradually add to this mixture 1/2 cup of milk, 1/2 cup of half-and-half and 1/2 cup of chicken broth. Simmer until slightly thickened. In a bowl, mix the egg yolks with the remaining 1/2 cup of half-and-half. Add to the mixture. Add the dry mustard, salt and pepper. Thicken over low heat, stirring constantly and without letting it come to a boil. Add the lobster and mushrooms.

Transfer the mixture to individual lobster serving shells or six to eight ramekins. Sprinkle with bread crumbs and Parmesan cheese. Dot with butter.

Brown in a 375 degree oven for 10 minutes.

Yield: 6 to 8 servings

Seafood

Per Serving (excluding unknown items): 1078 Calories; 85g Fat (79.9% calories from fat); 19g Protein; 29g Carbohydrate; 3g Dietary Fiber; 628mg Cholesterol; 1168mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 2 Vegetable; 1/2 Non-Fat Milk; 16 Fat.