

Lobster Stew

The Castine Inn - Castine ME
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 8

1 cup white wine
6 pounds mussels, scrubbed and
debearded
1/2 pound salt pork, diced
2 onions, finely chopped
3 ears of corn OR one 10-ounce can
corn kernels
1 quart heavy cream
3 green onions (for garnish)

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Pour the wine into a saucepan. Add the mussels and steam until the shells open, about 4 minutes. Transfer the mussels and the liquid to a bowl. Let cool.

Meanwhile, in the same saucepan, saute' the salt pork until crisp. Remove from the pan and pour out all but four tablespoons of fat. Add the onion and stew gently for 10 minutes.

Take the mussels out of the shells and check again for cleanliness. Strain the liquid through a double thickness of rinsed cheesecloth into the saucepan.

Add the cream, salt pork and mussel meats.

Shave the corn off the cob or, if using canned corn, drain and rinse it. Add the corn to the pot. Simmer very gently for one hour.

Taste for salt and pepper. Serve garnished with the chopped green onion.

Per Serving (excluding unknown items): 948 Calories; 74g Fat (72.4% calories from fat); 45g Protein; 19g Carbohydrate; 1g Dietary Fiber; 283mg Cholesterol; 1426mg Sodium. Exchanges: 6 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 13 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	948	Vitamin B6 (mg):	.1mg
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% Calories from Fat:	72.4%
% Calories from Carbohydrates:	8.2%
% Calories from Protein:	19.4%
Total Fat (g):	74g
Saturated Fat (g):	37g
Monounsaturated Fat (g):	25g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	283mg
Carbohydrate (g):	19g
Dietary Fiber (g):	1g
Protein (g):	45g
Sodium (mg):	1426mg
Potassium (mg):	1280mg
Calcium (mg):	179mg
Iron (mg):	14mg
Zinc (mg):	6mg
Vitamin C (mg):	31mg
Vitamin A (i.u.):	2316IU
Vitamin A (r.e.):	666 1/2RE

Vitamin B12 (mcg):	41.2mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	157mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	20
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	6
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	1/2
Fat:	13 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 948 Calories from Fat: 687

% Daily Values*

Total Fat	74g	114%
Saturated Fat	37g	185%
Cholesterol	283mg	94%
Sodium	1426mg	59%
Total Carbohydrates	19g	6%
Dietary Fiber	1g	3%
Protein	45g	
Vitamin A		46%
Vitamin C		51%
Calcium		18%
Iron		77%

* Percent Daily Values are based on a 2000 calorie diet.