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DEPARTMENT OF THE INTERIOR  
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

LOBSTER, A MEAL FIT FOR A KING

Who wouldn't enjoy a meal "fit for a king?" Northern lobsters certainly fill the bill. These prized crustaceans are found in the cold salt-waters of New England and Canada. They can be caught all year, but are most plentiful in the late summer months when they come in closer to the shore. This modern age of handling and transportation makes it possible for people far inland to enjoy the lobster's tender, delicately flavored, succulent meat.

Lobsters must be alive up to the time of cooking. The live lobster's natural color is dark green. The live lobster should show movement of the legs and the "tail" should curl under the body and not hang down when the lobster is picked up. During cooking, the color of the shell changes rapidly to "lobster red."

The four sizes of live lobsters, generally weighing from one to three pounds are chicken, quarter, large, and jumbo. The chicken lobster, weighing one pound is the most economical and widely used.

The home economists of the Fish and Wildlife Service suggest that you serve your family "Lobster Newburg," a meal "fit for a king."

LOBSTER NEWBURG

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|-------------------------------|----------------------|
| 3/4 pound cooked lobster meat | Dash cayenne pepper  |
| 1/4 cup butter or margarine   | 1 pint coffee cream  |
| 2 tablespoons flour           | 2 egg yolks, beaten  |
| 1 teaspoon salt               | 2 tablespoons sherry |
| 1/4 teaspoon paprika          | Toast points         |

Cut lobster meat into 1/2-inch pieces. Melt butter; blend in flour and seasonings. Add cream gradually and cook until thick and smooth, stirring constantly. Stir a little of the hot sauce into egg yolk; add to remaining sauce, stirring constantly. Add lobster meat; heat. Remove from heat and slowly stir in sherry. Serve immediately on toast points. Serves 6.

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