

Lobster Carambola Citrus Salad



- 1 cup Florida orange juice
- 2 tablespoons Florida honey
- 1/4 cup canola oil
- 1 teaspoon salt
- 4 medium Florida carambolas (star fruit), sliced
- 1 cup Florida orange sections
- 1 cup Florida pink grapefruit sections
- 1 pound Florida cooked lobster tail meat, sliced
- 1 cup canned black beans, rinsed and drained
- Florida salad greens, chilled

For dressing, bring orange juice to a boil in a saucepan, reducing liquid by 1/2. Cool in a small bowl. Whisk in the honey, oil and salt. Set aside. On individual plates, arrange carambola slices, orange and grapefruit sections, lobster and black beans on salad greens. Drizzle with orange salad dressing and serve.
Yield: 4 servings

Nutritional Value Per Serving: Calories 377, Calories From Fat 144 , Total Fat 16g, Saturated Fat 2g, Trans Fatty Acid 0, Cholesterol 64mg, Total Carbohydrate 35g, Protein 24g, Omega 3 Fatty Acid 1.68g

Florida Lobster Quiche

- 1 9-inch pie shell, uncooked
- 1 1/2 cups Florida lobster meat, cooked and sliced
- 1/2 cup Swiss cheese, shredded
- 1/4 cup sharp Cheddar cheese, shredded
- 1/4 cup Parmesan cheese, grated
- 4 Florida eggs, well beaten
- 1/4 cup white wine
- 1 cup half and half
- 1/2 teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1/2 cup Florida scallions, chopped
- 1/8 teaspoon black pepper
- 1/2 teaspoon salt
- 1/8 teaspoon nutmeg

Preheat oven to 350° F. Spread lobster meat in the pie shell; top with cheeses. Combine eggs, wine, half and half, Worcestershire sauce, mustard, scallions, salt and pepper. Pour mixture over lobster and cheeses. Sprinkle top with nutmeg. Bake at 350° F for 40 minutes until custard is set. Cool for 10 minutes before cutting. Serve hot or at room temperature as an appetizer or main dish.
Yield: 4 servings

Nutritional Value Per Serving: Calories 320, Calories From Fat 168, Total Fat 19g, Saturated Fat 10g, Trans Fatty Acid 0.13, Cholesterol 318mg, Total Carbohydrate 6g, Protein 28g, Omega 3 Fatty Acid 0.33g



Creamy Lobster Medallions



- 1 1/2 cups wild rice, uncooked
- 2 tablespoons butter
- 1/2 cup Florida carrots, chopped
- 1/2 cup Florida celery, chopped
- 1 cup Florida green onion, chopped
- 1 10 1/2-ounce can cream of shrimp soup
- 1/2 cup sherry
- 1/4 cup butter
- hot pepper sauce to taste
- salt, and pepper to taste
- 1 1/2 pounds Florida lobster meat, cooked and sliced

Prepare wild rice per package instructions. While rice is cooking, melt butter in a large saucepan and sauté the carrots, celery and green onion for 3 to 4 minutes. Stir sautéed vegetables into cooked wild rice. Set aside. Combine soup, sherry, butter and seasonings in a double boiler and heat thoroughly. If sauce gets too thick, add more sherry. Add lobster meat and stir until heated through. On individual plates, arrange lobster slices on wild rice and spoon sauce over. Serve remaining sauce separately.
Yield: 6 servings

Nutritional Value Per Serving: Calories 481, Calories From Fat 144 , Total Fat 16g, Saturated Fat 9g, Trans Fatty Acid 0.34g, Cholesterol 129mg, Total Carbohydrate 47g, Protein 35g, Omega 3 Fatty Acid 0.72g

Crab-stuffed Florida Lobster

- 2 whole Florida lobsters, split lengthwise
- 1 tablespoon butter
- 1 tablespoon Florida celery, finely chopped
- 1 shallot, finely chopped
- 1 teaspoon flour
- 1 teaspoon dry mustard
- 1/4 teaspoon cayenne pepper
- 1/4 cup milk
- 1/2 cup Florida crab meat, flaked
- 1 tablespoon butter, melted
- 3 tablespoons dry breadcrumbs
- paprika

Rinse lobster body cavity thoroughly; set aside. In a small skillet, sauté the celery and shallot in butter until soft. Stir in the flour, dry mustard, cayenne and milk; simmer until thickened. Add crab meat and spoon mixture into the lobster body. Brush lobster meat with melted butter. Sprinkle bread crumbs and paprika over crab stuffing and lobster meat. Bake on oven-proof pan at 400° F for 15 to 20 minutes until cooked through and lightly browned.
Yield: 2 servings

Nutritional Value Per Serving: Calories 465, Calories From Fat 151, Total Fat 17g, Saturated Fat 8.5g, Trans Fatty Acid 0, Cholesterol 236mg, Total Carbohydrate 15g, Protein 59g, Omega 3 Fatty Acid 1.06g

