

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Lobster Rolls

Serves 6

3 cups of cooked lobster meat, cut into bite-size pieces (about 2 large lobsters)
1/3 cup mayonnaise
1/4 cup fresh dill
1/4 cup chopped fresh chives
1/3 cup thinly chopped celery, reserve celery leaves
2 tablespoons fresh lemon juice
1/2 teaspoon salt
1/2 teaspoon cayenne pepper
3 tablespoons butter, melted
1/2 teaspoon Old bay seasoning

6 New England split top buns

1. Fill a large stockpot with roughly 2" of heavily salted water and bring it to a boil. Make sure the pot is large enough for the lobster and remove any bands from the lobster's claws. Plunge the lobster head first into the boiling water and close the lid to capture the steam.
2. Allow the lobster to steam for 8 minutes each if steaming them individually, or 8 minutes adding 3 minutes for any additional pound if steaming them together. Using a long pair of tongs, carefully remove the lobster from the pot and submerge the lobster in an ice bath for 2 minutes.
3. Once the lobster cools, remove the lobster meat from the tail, claws, knuckles, and legs. First, trim the tips of the claws to drain any liquid that has been captured inside the shell. Then, remove the knuckle and claw from the body and separate the knuckle from the claw by pulling and twisting. Use a lobster cracker to crack open the claw and separate one portion of the claw by grabbing the 'thumb' and pulling back until you hear a crack. Give it a twist and remove the meat. Next, remove the small legs and use a lobster fork to extract the tiny portions of meat. Finally, pull off the tail by grabbing the tail and the body and twisting. Remove the back tail fins to push the meat out, or use shears to cut the center shell, releasing the tail meat. If you have a female lobster, remove the roe.
4. Cut all of the lobster meat into 1/2" pieces and mix it in a bowl with the mayonnaise, dill, chives, celery, lemon juice, salt and cayenne until ingredients are fully incorporated. Place the lobster mixture in the refrigerator for 10 minutes to allow the meat to take on more flavor.
5. While the lobster mixture cools, melt the butter and brush it over the top, sides, and inside of the buns. Heat the oven to 375° and toast buns on a baking sheet for about 5 minutes, or until just browned.
6. Remove the buns and immediately spoon the lobster in the top split. Top the lobster rolls with fresh celery leaf and enjoy.