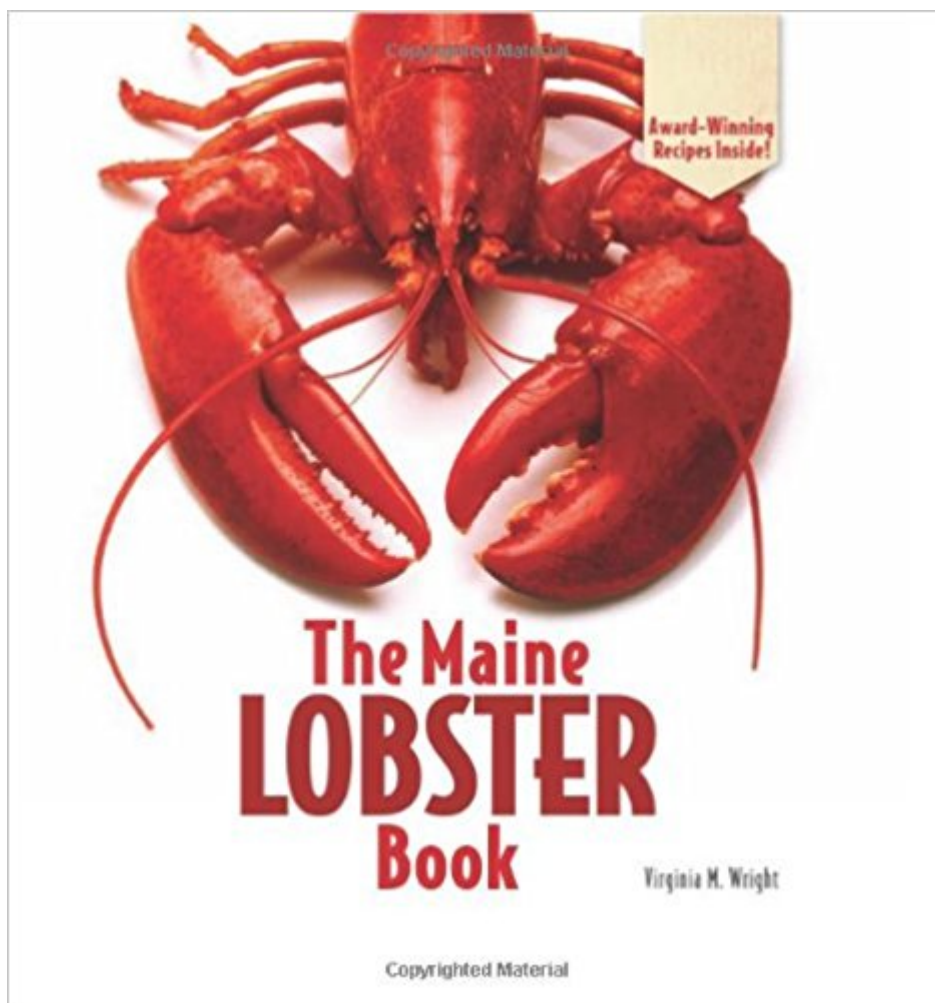




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# The Maine Lobster Book



## Synopsis

Everyone loves lobster - especially Maine lobster. This fun, fact filled book brings the reader on the lobster's journey from ocean floor to plate, stopping along the way to get to know the people and places of Maine's iconic industry.

## Book Information

Hardcover: 96 pages

Publisher: Down East Books (June 16, 2012)

Language: English

ISBN-10: 1608930416

ISBN-13: 978-1608930418

Product Dimensions: 7.3 x 0.6 x 7.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 7 customer reviews

Best Sellers Rank: #200,154 in Books (See Top 100 in Books) #75 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fish & Seafood

## Customer Reviews

“Most of it is serious and fascinating, like lobsters’ complex mating game, with occasional detours into trivia (lobster shells are now used in making golf balls).” -- Florence Fabricant, New York Times, 5/29/12

I had the pleasure of meeting Virginia Wright a few weeks ago, well after reading her book. She was so much fun and happily signed my book. If you love lobster, you'll love this book. Part cookbook, part lobster trivia, it really would make a perfect gift for the lobster lover in your life. I personally was fascinated to learn about how baby lobsters are born and raised. I won't stop eating lobster, but this book did make me stop and think about them as living things for sure. Delicious tasting living things, but still, there's a lot more to a lobster than meets the eye.

More of a book to read, not much on recipes.

Lobster Love, who doesn't love lobster??Great Book Great price

excellent item as described

Very good recipes for the fish lover. Easy to use. Fun to have on the kitchen counter for friends to flip through.

very nice pictures and very informative. has been a go to book many times since it was purchased. i would highly recommend this book.

Virginia Wright is the senior writer at Down East - the Magazine of Maine and has written three books about the state: *Red's Eats: World's Best Lobster Shack*, *The Wild Blueberry Book*, and *The Maine Lobster Book*. Wright describes the history of lobsters throughout the Northeast, pointing out that although other fisheries have declined, several seriously, lobsters are thriving in Maine waters. Over the past 20 years, the catch has increased almost every year, and in 2010, more than 100 million pounds of lobster were brought ashore by Maine fishermen, setting a new record. Maine fishermen earned more than \$330 million for their catch. Wright's book describes many of the aspects of this important resource, including the rules of the catch; diagrams of lobster traps; details of the mating ritual; details like the babies being released from hatcheries the size of a dime, but with no way to know if those hatchery lobsters actually survive long enough to be caught. She describes how to kill, cook and eat lobsters and provides a list of Maine lobster festivals. She also provides a few lobster recipes (which are simple enough to follow, but some of which could be improved by providing prep and cooking times). One is taken from Kathy Gunst's *Notes from a Maine Kitchen: Seasonally Inspired Recipes*: Heat a roasting pan in a 450 degree oven for ten minutes. Cut up four 1 1/4-pound lobsters, add 3 tablespoons olive oil and the lobster pieces, shell side down, and roast for 6 minutes. Add a cup of torn basil leaves, a few sprigs of rosemary, a teaspoon of red chile flakes and 8 cloves of garlic, sliced. Roast another 6 minutes or so, until the lobster is done. Remove the lobster from the pan and place the pieces on a serving platter; add a half of a cup of dry white wine to the juices and herbs, stir and reduce for a minute or two, then pour the juices and herbs over the lobster and serve. Wright opened my eyes to how personal lobster rolls can be. Some use mayonnaise, some melted butter, others both, or neither. For some, claw meat only, others it's all about the tail. Here is Wright's all-purpose compromise recipe, taken from *Red's Eats: World's Best Lobster Shack*: If you want to cook and pick your own lobster meat, plan on one 1 1/2 pound hardshell lobster or two to three 1 to 1 1/2 -pound softshell lobsters per roll. (Do not use frozen lobster meat; that is a sin.) 1 split-top hot dog bun, sides brushed with melted butter Plenty of fresh, cooked lobster meat, including two whole claws and a whole tail, deveined and

splitDrawn butter, optionalMayonnaise, preferably extra heavy, optional1. Grill the hot dog bun until sides are toasted and golden. This takes just a few minutes.2. Rip lobster meat into chunks and fill the middle of the roll. Put the whole claws at each side of the roll and put the split lobster tail on top.3. Ogle your sandwich. Eat as is or drizzled with drawn butter or mayonnaise. Wish you had made two.\*\*\*This book is interesting and fun to read, and the recipes are easy enough to follow, that you might want to keep a copy handy for your guests to read while you prepare their lobsters.Robert C. RossJune 2012

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