

New England Lobster Rolls

Serves: 4 | **Prep Time:** 15 minutes | **Cook Time:** 10 minutes | **Total Time:** 25 minutes

Ingredients

For the Lobster

- 4 live lobsters (1¼ to 1½ lb each) or 1½ lb cooked lobster meat (tail and claw)
- 2 tbsp unsalted butter
- Pinch of kosher salt
- Freshly ground black pepper, to taste

For the Dressing

- ¼ cup good-quality mayonnaise (preferably Hellmann's or homemade)
- 1 tbsp freshly squeezed lemon juice
- 1 tsp finely grated lemon zest
- 1–2 tbsp finely chopped celery (optional for crunch)
- 1 tbsp finely chopped chives or scallions
- Dash of hot sauce (optional)
- Salt and pepper to taste

For the Rolls

- 4 top-split New England-style hot dog buns
 - 2–3 tbsp unsalted butter, melted
 - Lemon wedges, for serving
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Instructions

1. Cook the Lobsters (if using live):

Bring a large pot of salted water to a boil. Add lobsters, cover, and cook for **8–10 minutes**, until shells turn bright red.

Remove lobsters and plunge into ice water to stop cooking. When cool enough to handle, crack shells and extract the meat. Cut into **bite-size chunks**.

2. Warm the Meat (optional):

In a small skillet, melt 2 tbsp butter over low heat. Add the lobster meat, tossing just until warmed through. Season lightly with salt and pepper.

3. Prepare the Dressing:

In a medium bowl, whisk together mayonnaise, lemon juice, zest, celery, chives, and hot

sauce. Taste and season with salt and pepper.

Gently fold in the lobster meat, coating lightly but evenly — you want just enough dressing to complement, not mask, the lobster flavor.

4. **Toast the Buns:**

Brush the sides of the buns with melted butter. Toast in a skillet over medium heat, turning to brown both sides, about **1 minute per side**.

5. **Assemble the Rolls:**

Spoon the lobster mixture into the warm, toasted buns, mounding generously.

Garnish with a sprinkle of chives and serve immediately with lemon wedges.

Tips for Authentic Flavor

- **Maine-style:** Lightly chilled lobster meat in a mayo dressing (as above).
- **Connecticut-style:** Skip the mayo; toss warm lobster meat in **melted butter** and spoon directly into toasted buns.
- Use **top-split, flat-sided buns** — they toast beautifully and cradle the filling perfectly.
- Serve with **kettle chips, coleslaw, or dill pickles** for a complete coastal meal.