



DEPARTMENT OF THE INTERIOR  
INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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NORTHERN LOBSTERS ARE NOW IN GOOD SUPPLY

As a special treat for the housewife and the restaurant patron, northern lobsters are now in particularly good supply and fit so many summer menus. Either hot or cold, in salad or whole, the lobster, "king of the shellfish", is always a treat. Formerly known as the gourmet's dish, it still retains the gourmet quality and appeal at workaday prices.

Northern lobsters are found in the cold waters along the Atlantic Coast from Labrador to North Carolina. The bulk of the United States catch comes from the Maine and Massachusetts coasts. The principal season for catching lobsters is in the summer when they are closer to the shore.

There are four sizes of live Northern lobsters, generally weighing from one to three pounds. They are the chicken, quarters, large, and jumbo.

These lobsters when taken from the water have a dark-bluish green color. They must be alive and active at time of cooking. When cooked, the color of the shell changes to "lobster red".

Modern handling and transportation methods have made it possible for many people living far inland to enjoy the tender, delicately flavored meat of this highly prized shellfish.

The Bureau of Commercial Fisheries, Fish and Wildlife Service, has just recently released a new fish cookery publication entitled, How to Cook Lobsters. This publication contains interesting information on lobsters and 33 choice recipes developed and kitchen-tested by their home economists. It can be purchased from the Government Printing Office, Washington 25, D. C., for 20 cents. One of the recipes contained in this publication is "Lobster Mousse", which is a delicious and colorful summertime salad that should delight all members of the family.

## LOBSTER MOUSSE

2 live lobsters (1 pound each)	2 tablespoons sliced stuffed olives
3 quarts boiling water	1 tablespoon grated onion
3 tablespoons salt	1 teaspoon prepared mustard
1 tablespoon unflavored gelatine	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup of cold water	$\frac{1}{2}$ cup whipping cream
$\frac{1}{2}$ cup boiling water	$\frac{1}{4}$ cup mayonnaise or salad dressing
$\frac{1}{2}$ cup chopped celery	Salad greens

Plunge lobsters headfirst into boiling salted water. Cover and return to boiling point. Simmer for 20 minutes. Drain. Place lobster on its back. With a sharp knife cut in half lengthwise. Remove the stomach, which is just back of the head, and the intestinal vein, which runs from the stomach to the tip of the tail. Do not discard the green liver and coral roe; they are delicious. Crack claws. Cool lobsters and remove meat. Cut lobster meat into one-half inch pieces. Soften gelatine in cold water for five minutes. Add boiling water and stir until dissolved. Add the next five ingredients. Chill until almost congealed. Add lobster meat. Whip cream. Combine mayonnaise and whipped cream; fold into gelatine mixture. Place in a one-quart mold; chill until firm. Unmold on salad greens. Serves 6.

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