



Lobster Newburg



Ingredients:

- $\frac{3}{4}$ pound cooked lobster meat
- 2 hard-cooked egg yolks
- 1 $\frac{1}{2}$ cups of cream
- $\frac{1}{2}$ cup of sherry
- $\frac{1}{4}$ cup of milk
- 2 TBLs of butter
- 2 TBLs of flour
- Pinch of nutmeg
- Pinch of cayenne powder
- Salt and pepper to taste

Method:

1. Cut the cooked lobster meat into bite-sized chunks.
2. Soak in sherry for around 3 hours in the refrigerator.
3. Make a paste of softened butter, flour, and egg yolks.
4. In a heavy skillet, combine the paste with cream, milk, nutmeg, and cayenne.
5. Over low heat, stir until moderately thick.
6. Drain the sherry from then lobster meat, and then add the sherry to the sauce while continuing to stir until moderately thick.
7. Add the lobster meat, and then stir until heated through.
8. Serve on toast points.