

Cooking Corner

Tips To Help You

Contest-Winning Lobster From Maine

(NAPSA)—Pasta and lobster. These two tasty favorites were deliciously and imaginatively paired at the recent *Great Taste of Maine Lobster Governor's Tasting and Culinary Competition*.

Every spring, the Maine Lobster Promotion Council (MLPC) invites chefs throughout Maine to submit an original recipe. A panel of food experts judges the recipes, and selects eight finalists to compete for top honors. Each contest entry is then judged on presentation, flavor, creativity, practicality and nutrition.

This year's Gold Medal Winner William Clifford, owner of The Daily Catch, a fresh-fish market and restaurant in Boothbay Harbor, Maine, dazzled guests and judges alike with his *Maine Lobster "Risotto" with Orzo, Herbs and Chunky Vegetables*.

Clifford enjoys preparing and eating the pasta dish. "There's a lot of surface area in orzo, so all the flavors in the pan—in this recipe, the oils, lobster meat and vegetables—cling to the pasta and intermingle."

Maine Lobster Risotto with Orzo, Herbs and Chunky Vegetables

- 1 Tablespoon olive oil
- 1 cup fresh corn, approximately 4 cobs
- 1 medium zucchini, diced
- 2 shallots, minced
- 4 cloves of garlic, minced
- 2 large tomatoes, peeled, seeded, and diced
- 1 bunch fresh thyme—half cleaned and roughly chopped, half cleaned and reserved for garnish
- 1 pound cooked and cooled orzo pasta



Pairing lobster and pasta can be an inspired idea—and a nutritious one.

- 1/2 pound Maine lobster meat
- 1/4 cup Chardonnay
- 1 pinch salt and pepper
- 1/4 stick unsalted butter, cut into small pieces
- 1/4 cup heavy cream
- 1 bunch flat Italian parsley, chopped
- 1 chunk Parmesan cheese for shaving

Warm the olive oil in a non-stick pan over medium-high heat and add the corn. As it starts to cook, you will smell this amazing fresh corn smell and the kernels will weep a little bit of liquid. When the corn turns yellow, add the zucchini, the shallots, the garlic, and some salt and pepper. As this mixture cooks down and starts to smell great, add the tomato, thyme, pasta, and lobster. These last ingredients need to get warmed through.

Pour the Chardonnay around the outside of the pan to moisten the mix and marry the flavors together. Add salt and pepper and scatter the butter around the pan. As the butter melts, add the cream and toss the whole mixture together gently.

Let the mixture simmer and the cream reduce a little. Sprinkle the chopped parsley over the pan; squeeze the lemon, toss and season once more. Plate into four even servings. Shave some Parmesan over the top with a vegetable peeler. Garnish with long, beautiful stems of parsley.

For this year's award-winning Maine lobster recipes and a list of companies that ship Maine lobster direct overnight, visit www.lobsterfrommaine.com.