

Around the Table

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Get step-by-step directions for shelling lobsters at parade.com/lobster.

FAMILY TIME

Shore Thing

Transport your family to the New England coast with this beach-shack staple

CLASSIC NEW ENGLAND LOBSTER ROLLS

Active: 50 minutes (includes shelling time) **Total:** 1 hour **Serves:** 4

- 3 (1½ lb) live lobsters
- 1 stalk celery, diced
- ¼ to ½ tsp celery seed
- ½ cup mayonnaise
- 2 Tbsp unsalted butter
- 4 split-top hot dog buns

1. Put lobsters in freezer while you bring a large pot of salted water to a boil. (Freezing makes them easier to handle.) Boil lobsters 10 to 12 minutes, until bright red; let cool completely.

(You can cook and refrigerate lobsters 1 day in advance.)
2. Shell and roughly chop lobster meat. You should have 2 cups. Combine meat, celery, celery seed, and mayo in a bowl.
3. Melt butter in a skillet on medium-high heat. Add buns; toast until golden. Fill with salad.

PER SERVING: 490 cal, 22g carbs, 29g protein, 30g fat, 215mg chol, 1,010mg sodium, 1g fiber