

# Ginger`s Lobster Thermidor

Barbara Hendry - Jensen Beach, FL  
Treasure Classics - National LP Gas Association - 1985

**Yield: 10 to 12 servings**

*3 lobsters  
2 cups heavy cream  
3/4 cup butter  
3 tablespoons flour  
1 1/2 teaspoons salt  
freshly ground pepper  
1/2 cup milk  
1/4 cup prepared mustard  
1/2 cup grated Parmesan  
cheese*

**Preparation Time: 30 minutes****Bake Time: 10 minutes**

Boil the lobsters and remove from the shells.  
Cut into bite-sized pieces.

Heat the cream to a simmer, stirring  
occasionally; Do Not Boil.

In a saucepan, melt four tablespoons of butter.  
Stir in the flour, salt, pepper and milk, stirring  
constantly until thick. Mix in the warmed cream.

Combine the lobster and sauce. Pour into a  
three-quart baking dish that has been rubbed  
well with mustard. Sprinkle with Parmesan  
cheese. Dot with butter.

Bake in a 400 degree oven, uncovered, for 10  
minutes.

(Note: The mixture may be placed back in the  
lobster shells (colorful) or over pastry shells or  
rice. Chicken may be substituted for variation.)

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Per Serving (excluding unknown  
items): 3653 Calories; 337g Fat  
(82.0% calories from fat); 122g  
Protein; 44g Carbohydrate; 2g  
Dietary Fiber; 1501mg Cholesterol;  
7670mg Sodium. Exchanges: 1  
Grain(Starch); 14 1/2 Lean Meat; 2  
Non-Fat Milk; 64 1/2 Fat; 0 Other  
Carbohydrates.