

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.)

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.