

Lobster Newburg

Sally Greck

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*2 cans lobster meat (or 1/2
cup diced meat)
3 tablespoons butter
2 tablespoons flour
dash cayenne
1 pint light cream
1/4 cup sherry
1 teaspoon salt
1/8 teaspoon pepper
2 egg yolks*

Saute the lobster meat in butter.

Stir in the flour, salt, nutmeg and pepper.

In a bowl, beat the egg yolks. Blend in the light cream.

Gradually stir into the meat mixture until the sauce thickens. Stir in the sherry.

Per Serving (excluding unknown items): 1502 Calories; 138g Fat (84.8% calories from fat); 21g Protein; 35g Carbohydrate; 1g Dietary Fiber; 836mg Cholesterol; 2691mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 26 1/2 Fat; 1 1/2 Other Carbohydrates.