

Dinner and A Book Episode #501

Menu:

Lobster Salad
Pan Seared Scallops in Citrus
Asparagus
Baguette
Grapes in Red Wine
White wine and French Lemonade

Recipes:

Lobster Salad Serves 4

1 cup cooked, flaked lobster, from 1 small lobster or buy frozen lobster
1 Tablespoon fresh lemon juice
3 1/2 ounces baby spinach or mixed salad greens
1/2 cup thinly sliced celery
1/4-teaspoon salt
1/3-cup mayonnaise, to moisten
Dash pepper and salt to taste
1 avocado, peeled and quartered

Cook 1 lobster in a big pot of boiling water until red, about 7 minutes. Cool and break off tail and open body. Pull out pieces of lobster. Or you can defrost 1 cup frozen lobster and flake it.

Mix 1/3-cup mayonnaise with chopped celery, salt and pepper. Gently mix pieces of lobster that have been sprinkled with lemon juice into the mixture. Add salt and pepper. Chill lobster mixture in the refrigerator until cold. Arrange a bed of greens or spinach on a serving dish. Arrange chilled lobster salad on the mixed greens with wedges of avocado that have been brushed with lemon juice. Add stalks of cooked asparagus for decoration. Serve the platter.

Pan Seared Scallops in Citrus with Eggplant Salsa

You can buy a jar of prepared eggplant salsa

For the citrus sauce

Mix the juice of half an orange and half of a lime.
2 Tablespoons of extra-virgin olive oil
2 Tablespoons heavy cream or purchased crème fraiche
Zest of 1 orange
Salt and pepper to taste

Mix the juices and zest, salt and pepper and add 2 tablespoons of heavy cream. Set aside.

For the Pan seared scallops:

Chop 4 large summer tomatoes

Heat 6 Tablespoons extra-virgin olive oil in a sauté pan.

Add 8-12 large scallops.

Cook 3 minutes on each side

Arrange 3/12 ounces of baby spinach on 4 serving dishes

Place 3 scallops on the spinach and serve with the chopped tomatoes on one side of the scallops, the citrus sauce on another side of the scallops and eggplant salsa on the other side of the scallops.

Serve with the lobster salad or serve the lobster salad as the first course.

Cooked Grapes in Red Wine Vinegar

Cook 4 cups of seedless Red flame grapes in one tablespoon of red wine vinegar, and 1/2-cup water in a stainless steel saucepan bringing it to a boil.

Reduce the heat and cover for about 5 minutes. The skins of the grapes will lose their red color and begin to crack open.

Meanwhile, combine 2 tablespoons of lemon rind, and 1/2 tablespoon of lemon juice, 1 tablespoon of honey and 1 tablespoon of shredded mint leaves in a bowl. Add the cooked grapes to the mixture, stir well and let cool. Add 1-tablespoon Cognac or other brandy. Fill up 6 wine glasses with the mixture and garnish with a spoonful of sour cream on the top of each one.

For the Bistro lunch... Decorate a table covered in a red-checkered tablecloth with white napkins and 1 flower in a small red vase. Wear a beret or a chef's hat and hire an accordionist to play old French favorites. If you can't find an accordionist, play songs by Edith Piaf. Serve the lobster salad as a first course. Bring in the platter of scallops and asparagus and end the meal with the grapes in cream sauce. Follow the lunch with a reading of your favorite chapter in the book and end the afternoon with a French movie preferably *Mon Oncle*, *Jules et Jim* or a TV program on the life of Edith Piaf.