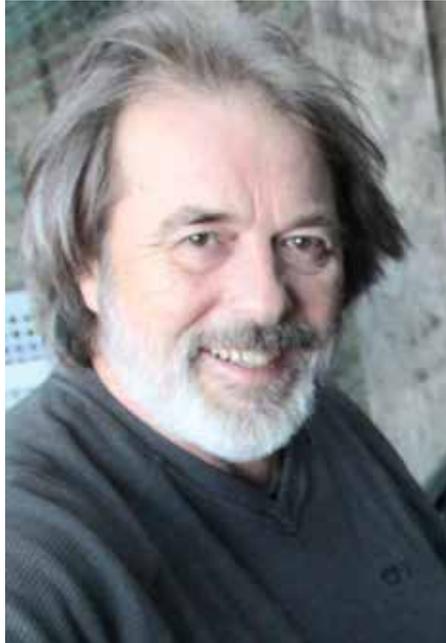


# Lovely lobsters

—every which way  
but loose

by Sandra Phinney



**Y**ears ago, fishermen's kids were embarrassed to bring lobster sandwiches to school for lunch. The rest of us eagerly swapped our baloney or peanut butter sandwiches, knowing full well we were getting the best part of the deal. It wasn't until the late 50s that lobsters were featured in restaurants and garnered some respectability.

One of the popular dishes at that time, served in **Yarmouth** at Harris' Seafood Restaurant, was Nova Scotia-Style Creamed Lobster. It consisted of a generous portion of chunked up lobster served with thick cream, butter, a splash of vinegar, salt and pepper. One evening, a customer asked Clara Harris if she would serve this with toast. Voila! The Hot Lobster Sandwich was invented. It's still one of the best-selling menu items in Southwest Nova Scotia.

Lobster—the quintessential palate pleaser in Atlantic Canada—is not only synonymous with great taste, hospitality and good times, it's also downright good for you. *Homarus americanus* is low in carbohydrates, high in omega-3, B vitamins, minerals and protein. Bonus: Lobster is one of the most versatile foods on the planet.

So, what's the best way to cook these lovelies? For insider information I turned to Ernie and Brian Williams. They have the perfect outdoor set up at **Stanley Lobster Co.**, a lobster pound on the Overton Road in Yarmouth. The brothers steam their lobsters

Brian Williams is ready to put this beauty on a plate and serve it at Stanley Lobster Co. in Yarmouth, NS.



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Fredericton Tourism

using big pots, outfitted with grates about three inches from the bottom. “Put about two inches of salt water into your pot. If you don’t have ocean water, add a handful of sea salt to the water,” says Brian, adding that the important thing is for the water to be boiling hard. “That pot has to be steaming before you put lobsters into it. Then set your timer to 20 minutes for 1-pounders, and 24 minutes for 2-pounders. Guaranteed perfection!”

I once made the mistake of asking why they steamed the lobster instead of boiling them as it takes less time to boil them. Ernie quipped, “You don’t boil your steaks do you?” So the next time I cooked lobsters at home, I steamed them. I’m now a convert. Steamed lobsters are juicier and have more flavour. Although, let’s face it, lobster any-which-way is good. But I love going to Stanley’s for a lobster feed because these guys are so entertaining.

Brian loves to explain the intricacies of a lobster trap. “See here,” he says, “this is the kitchen. Over here is the bedroom and on the other side is the living room or parlour.”

Clockwise from top, left: The Stanley Lobster Co. sign on Overton Road in Yarmouth; Cap’n Mike’s Lobster Rolls and Seafood at the Fredericton Boyce Farmers Market; Clara Harris’s famous Nova Scotia-Style Creamed Lobster, turned into a Hot Lobster Sandwich; Prince Edward Island Brewing Company’s Lobster Ale.



PEI Brewing Company



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**Nova Scotia-Style Creamed Lobster** ▶  
 Courtesy Clara Harris's cookbook: *Life, Love and Lobsters*

- 2 cups (500 mL) fresh cooked lobster meat
- 1/4 cup (50 mL) butter
- 2 tsp (10 mL) vinegar
- 2 cups (500 mL) cream
- salt and pepper, to taste
- 2-4 bread slices (optional)

Cut lobster into chunks. In a frying pan, sauté lobster in butter for 1 minute. Add vinegar and stir. Add cream and stir until hot. Season to taste. Makes 2 servings.  
 Note: If making Clara Harris’s Hot Lobster Sandwich, serve on top of (and between) 2-4 pieces of toast.  
**Tip:** Can substitute 1 tin frozen lobster, thawed and drained, for fresh lobster. (see p.52)



## Be water smart. Stay Safe.

Dams can release water at anytime, any day of the year. Suddenly, calm water can turn into rapids with a strong undertow. Please be cautious around the water's edge as well - water levels can rise very quickly.

### When fishing or boating

Plan your trip ahead of time and identify any water hazards including dams.

Avoid areas that are immediately upstream and downstream from dams and hydro facilities. These areas have strong undertows.

Take note of water levels on rocks to help you judge if they are changing.

Respect warning signs, boom lines and buoys, they are there for your protection.

For more information, visit  
[nspower.ca/watersafety](http://nspower.ca/watersafety)



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Above: Brian and Ernie Williams take a break on Neptune's Throne. You can't see it, but the ocean is only a few feet away.

Inside the lobster pound, you'll see lobster tanks that can hold upwards of 70,000 pounds of lobsters in 100-pound crates. You'll also hear some of the lingo that's part of the trade like "chicks," "quarters," and "culls." By the time your lobster is cooked, you know how to tell the sex of a lobster, and how to grade them.

If it's chilly or misty, you can go inside a many-windowed building, and eat at tables overlooking the ocean, or sit on the beach if it's balmy. (You can also bring your own beer and wine; no corkage fee.) Be sure to spend time sitting on Neptune's Throne, a gigantic chair made from flotsam and jetsam. The vista is magnificent. Should you be inclined to stay for the sunset, there's a fire pit just a few feet away. Lingering is encouraged.

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### Must-go lobster eateries

Atlantic Canada has a plethora of places that serve up lobster in amazing ways. Here are but a handful. Ask the locals!

#### New Brunswick

Mike Bardsley Jr. owns **Cap'n Mike's Lobster Rolls and Seafood** at the **Fredericton Boyce Farmers Market**. Mike shows up at the farmers market around 4:30a.m. and starts cooking and shucking lobsters for his famous lobster rolls. Service starts at 6a.m. and there's always a line up.

In **Escuminac**, sign up for a **Fisherman's Basket** at the **Escuminac Wharf Authority**. A local fisherman will give you tips on great places to poke around including dunes, clamming beds, and beachcombing spots. Your basket includes everything from bottled lobster and bar clams, to homemade bread and a bottle of regional wine.

**Catch 22 Lobster Bar** in **Moncton** serves a variety of signature lobster dishes such as **Lobster Florentine** (sautéed lobster, onions, mushrooms, and spinach in a creamy lobster sauce), and **Lobster Thermidor** (lobster and mushrooms in a white wine, tomato based sauce topped with Swiss cheese, served in the shell.) Hedy stuff.

#### Nova Scotia

**Rendez-vous de la Baie** in **Church Point** serves a "wow" lobster chowder. This multi-purpose centre

(theatre, gallery, Acadian Interpretive Centre and Museum) has a small Internet café with a limited menu—but lobster chowder is always available, and always a hit.

**The Grill at Five Fishermen** in **Halifax** serves a unique **Lobster Cobb Salad**. You can expect a generous portion of lobster salad surrounded with oven-roasted tomato, belly bacon, roasted corn kernels, romaine lettuce, topped with hard boiled egg, then laced with avocado vinaigrette.

#### Prince Edward Island

**St. Ann's Lobster Suppers** in **Hope River** was the original lobster supper on the Island and is still going strong with that wonderful old-time church supper feel to it. Two other favourites are **Fisherman's Wharf Lobster Suppers (North Rustico)**, and **New Glasgow Lobster Suppers**.

For a dish that's wicked and wonderful, try **Island Lobster Poutine** at **The Brickhouse Kitchen & Bar** in **Charlottetown**. French fries never tasted as good as this poutine, topped with squeaky cheese curds, lobster bisque, tomato and scallion.

Join fourth-generation Capt. Mark Jenkins on **Top Notch Lobster Tours** for an afternoon or evening sail, and learn first-hand what's involved on board a lobster fishing boat. Bonus: Lobster dinner is included on board. 🍷