

# Lobster Roll

Classic New England lobster roll recipe with sweet lobster meat, mayo, and toasted buns. Ready in 20 minutes.

Perfect summer seafood dish!

5 min

PREP

15 min

COOK

20 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 1 lb lobster meat
- 3 tbsp mayonnaise
- 4 celery stick
- 4 lettuce
- 4 tbsp butter
- 1 tbsp fresh lemon juice
- 1 tsp garlic powder
- 1 tsp sea salt
- 1 tsp black pepper
- 4 bread
- 1 tbsp fresh chives

## Instructions

### 1 Prepare the lobster meat

Heat 3 tablespoons of butter in a large skillet over medium-low heat (150°C/300°F). Add 1 pound of lobster meat and season with 1 teaspoon garlic salt and 1 teaspoon black pepper. Warm gently for 3-5 minutes, stirring occasionally, until heated through but not overcooked.

- ### 2
- Transfer the warmed lobster and all the butter from the pan to a medium bowl. Let cool at room temperature for 10 minutes until no longer hot to the touch.

### 3 Make the lobster salad

Add 4 tablespoons mayonnaise, 1 tablespoon lemon juice, and 1 teaspoon chives to the cooled lobster.

Gently fold together with a spoon, breaking up the lobster as little as possible.

4 Season the lobster salad with 1 teaspoon salt, then taste and adjust seasoning as needed. Cover with plastic wrap and refrigerate for 30-40 minutes to let flavors meld.

5 **Prepare the buns**

Heat a griddle or large skillet over medium heat (175°C/350°F). Slice 4 buns in half lengthwise. Brush both cut sides generously with 1 tablespoon butter.

6 Toast the buns cut-side down on the griddle for 1-2 minutes until golden brown and crispy on the outside but still soft inside.

7 **Assemble the rolls**

Place a piece of lettuce in each toasted bun bottom. Divide the chilled lobster salad evenly among the 4 rolls, mounding it generously on top of the lettuce.

8 Top each roll with the remaining bun half and serve immediately.

## Tips

Avoid overcooking the lobster meat when warming it, as this will make it tough and chewy. Heat it gently just until warmed through.

Chill the lobster salad for at least 30 minutes before serving to allow the flavors to meld together and develop.

Toast the buns until they're golden brown but still soft inside – this provides the perfect contrast to the tender lobster.

Use a light hand with the mayonnaise; you should be able to see generous chunks of lobster meat, not a mayo-heavy salad.

Cut the lobster meat into bite-sized pieces, but keep some larger chunks for visual appeal and texture contrast.

Brush the buns with butter on both the inside and outside surfaces for maximum flavor and golden color when toasting.

Taste and adjust seasoning before assembling the rolls – the lobster should be the dominant flavor with subtle supporting notes.

Serve immediately after assembling to maintain the contrast between the warm, crispy bun and cool lobster salad.