

LOBSTER BLT SANDWICH

INGREDIENTS

for the lobster salad

6 oz cooked lobster meat

2 tablespoons mayonnaise

squeeze of lemon juice

1 teaspoon fresh chives, very finely minced

salt and pepper to taste

for the sandwich

2 pieces hearty sandwich bread, toasted

2 slices thick cut bacon, fried but not too crispy

1 heirloom tomato, thickly sliced

handful baby arugula

DIRECTIONS

In a small work bowl, combine lobster with the mayo, lemon juice and chives. Fold gently to combine. Season with salt and pepper to taste. If the lobster meat is too cold, let the lobster salad sit on the counter for 1-20 minutes. Really cold lobster has less flavor.

To assemble to sandwich, layer bread, tomato slices, lobster salad, arugula, bacon and then the final bread (I have found that this order makes it less likely to fall apart).