

RECIPE

LINGUINE WITH LOBSTER SAUCE

This recipe can be made quickly and is a delicious way to use lobster meat left over from a steamed lobster dinner. This also illustrates how a small amount of lobster can go a long way. Add a green salad and crusty bread and you have a memorable meal.

2 Tbsp olive oil
1 Tbsp unsalted butter
2 garlic cloves, mashed
2 Tbsp minced shallots
2 cups coarsely chopped cooked lobster meat (about 1 pound)
4 Tbsp cognac
2 cups plum tomatoes peeled, seeded and chopped
1 cup dry white wine
2 tsp finely chopped fresh tarragon or basil
Salt and pepper to taste
1 pound linguine, cooked al dente
4 Tbsp imported Parmesan cheese, grated

Heat the olive oil and butter in a large skillet. Add the garlic and shallots and cook over medium heat until tender and translucent but not browned.

Add the lobster meat and continue to cook for another two minutes. Add the cognac and *carefully* light with a match. Keep a pan lid nearby to quickly extinguish the fire in case the flame gets out of hand.

When the flame dies, add the tomatoes, wine, and herbs. Bring to a simmer, stir, cover partially, and cook over low heat for five minutes. Add salt and pepper to taste.

Toss the cooked and drained pasta with the Parmesan cheese. Put a serving of pasta on each plate and top with lobster sauce. Serve immediately.

Serves 4

Variation:

To make this a creamy sauce, add ½ cup of light cream to the mixture after the tomatoes, wine, and herbs have simmered for five minutes. Continue to heat until the mixture returns to a simmer; add salt and pepper to taste.

Recipe from *A New England Fish Tale—seafood recipes and observations of a way of life from a fisherman's wife*, by Martha W. Murphy.

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lobster traps strung on a line), with an anchor and buoy line at each end, hauling them up from the bottom a day or two or three later using a hydraulic winch. A good haul would be a lobster (or two) in all or most of the traps. As the traps come aboard, the lobsters are removed and their claws are secured with wide rubber bands. The deck-

“...then you sit and wait for lobsters, wait for lobsters to show up. By July, it's straight out, and with the exception of windy weather, we don't have a day a off until Thanksgiving.”

hand stacks the traps on the stern of the boat, re-baiting them as he goes. (Keep in mind that all of this work takes place as the boat pitches and rolls.) The banded lobsters are dropped into a well of circulating seawater under the deck where they are kept fresh and lively until they are brought to the fish market dock and unloaded.

Bill fishes inshore, out of the port of Galilee. His boat, the *Wendy Lee* (named after his wife), is a 40-foot fiberglass hull ‘Novi style’ boat. It's beamy, 17-feet across, and “just a little slow.” He's had faster boats but ended up spending a lot more on fuel. “It's a happy medium, 15-knots is a pretty nice number for a fuel efficient motor,” he explained.

He used to fish more traps but is now allowed by state law to set only 800. Trap limits were imposed in Rhode Island in 2001 as part of an effort to “rebuild and restore” the lobster stocks. The figures were arrived at based on a questionnaire sent by the Rhode Island Department of Environmental Management to all Rhode Island fishermen, gathering data about each fisherman's history—number of years fishing, number of traps, yearly catch numbers, etc. Bill listed 1,000 traps as the number that he considered ideal, and received notice that his limit would be 800.

The oil spill caused by the grounding of the North Cape oil barge off Matunuck in 1996 is primarily to blame for the need to “rebuild and restore,” according to Bill and just about any other lobsterman in Galilee. “It's estimated that 8 million lobsters were killed. It really wiped out the population, like losing all the kids from grade 5 through senior year, and all of a sudden you really don't have any kids graduating. We're waiting for all those kindergarten kids [or lobsters] to graduate.”

Bill continued, “It's been 11 years since the spill. In 2002 to 2004 there was nothing to catch. It was incredible, the pots were empty. Gradually, it's coming back. It'll be at least another two years before you can really catch lobsters from April to December. Every year seems to get a little better. And a little longer. If you can hang in there, you'll make it.”