



Authentic **MAINE** Lobster Bakes ~ *anywhere*

By Uncle Jim, Aunt Diane & Family

Presents **Lobster Tales**

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Authentic Maine Lobster Bakes-*anywhere*
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A RECIPE by AUNT DIANE:

LOBSTER CASSEROLE

CUT 1 LB OF COOKED LOBSTER MEAT INTO BITE SIZE PIECES. HEAT IN 3 TBSN UNSALTED BUTTER. REMOVE MEAT, ADD 3 TBSN FLOUR AND 3/4 TSN DRY MUSTARD TO HEATED BUTTER. SLOWLY ADD 2 CUPS RICH MILK AND COOK, STIRRING CONSTANTLY UNTIL THICKENED. ADD LOBSTER, AND 3 SLICES OF TORN BREAD (CRUST REMOVED), SALT AND PEPPER TO TASTE. (IF DESIRED, A TABLESPOON OR 2 OF SHERRY MAY BE ADDED TO THE MIXTURE). TURN INTO BUTTERED CASSEROLE, TOPPED WITH A FEW BUTTERED CRUMBS. BAKE AT 350 DEGREES FOR ABOUT 25 MINUTES OR UNTIL BUBBLY AND LIGHTLY BROWNED. SERVES 4 (OR JUST UNCLE JIM)

Did You Know?

by Uncle Jim

We are dedicating this issue to my brother Doug, who lost his year long battle with cancer this past July. Doug was an engineer by trade and enjoyed working with us when ever he could find the time. We tagged him "Uncle Doug". He always had input, a great way with clients, always focused and could keep me in line. He helped us develop new equipment, tested our cooking methods and helped us fine tune what we do today. I will forever miss my Brother.

Lobster prices have dropped and are more in line with where they were 3 years ago. We noticed the change this summer, while in Maine. However, we are still dealing with high freight cost, here in Florida. **We have adjusted our selling prices to reflect these new cost, which is about 20% lower than last year. Hopefully, they will hang on for a while. For those that are looking for a real good deal, we will take another 5% off food cost for any event booked in January, February, June, July or August. These prices are actually below 2002 levels.**

Here is a little known fact about the Maine Lobster industry. Approximately two-thirds of the 72.6 million pounds of Maine caught lobsters in 2006, was shipped to Canada for processing. Equaling about \$198 million dollars. The rest (about \$99 million) is sold locally, shipped South out of state or to Europe. The price is not only set by the harvest, but by the companies procuring Maine Lobster. Naturally, the lobstermen will take the highest bidder, which eventually gets down to us.

How Lobster are caught—they are tricked into traps. They use something similar to our sense of taste and smell, even though they do not have a nose. They locate the food based on its being partially dissolved in the water, just as we smell things in the air. They use four small antennae located on the front of their head. Many parts of the lobster, especially the legs, are covered with little hairs used for finding food.

Our new menu is available on line at www.authenticmainelobster.com or call me 239-470-6703, to request a menu and pricing. We are working on updating our website, so be patient. New pictures, full menus, retail items (*Tees, aprons, etc*) and inquiry forms.

I missed hunting again this year. Aunt Diane says it seems real good to have a twelve month marriage, as she didn't see me in November for years. *I enjoy it as well..*

Ayuh !!

What's New With Us

by Uncle Jaye

Uncle Doug was known as *Uncle Boss* to us kids. He was the original Outback Steak house type person. *No Rules, just have fun and do it right.* He always was quick with a new game, a family get together or a new joke. He loved each of us, our pets and our friends. He treated everyone like family. *I miss you Uncle Boss.*

Shawnee is now dating, *now this is fun.* She is a Senior at Riverdale and is holding down a 25 hour a week job. We are very lucky that she is so busy. Daniel is doing much better with school and has just completed fall baseball. He gained experience in all positions and can hit just about any pitch. He enjoys catering with us, when ever he can.

I have stopped bugging Dad about his age. His grand daughter (*Madison*) actually thinks he was born in the *grey time.* Which we think is before the trees, sky and grass had color. *Just look at any of his baby pictures, they're all in black & white.* He does not deny that. Have a great winter.

Menu Offerings

Maine Lobsters, Maine Steamers, Maine Mussels, New York Strip Steaks, Half Chickens, Chicken Breast, Chicken Pieces, Danish Baby Back Ribs, Pork Ribs, Pulled Pork, Roast Pork, Prime Rib, Vegetarian meals, Baked Ham, Top Beef Rounds and Steamship Rounds for carving, Lobster Newburg, Shrimp, Scallops, New England Pot Roast, Lasagna, Grouper, Sword Fish, King Crab, Snow Crab, Oysters, Hamburgers, Hot Dogs and many, many other offerings. In addition, we make our own Creamy Clam Chowder, Lobster Stew, Fish (Haddock) Chowder, Corn Chowder, The areas best Chili, Beef Stews, Chicken Soups and homemade Strawberry shortcake.

Everything we do is homemade, usually all prepared at your site, so your guests can watch. We come fully equipped, requiring limited space and only electricity and water



News From Maine

by Aunt Diane

It was a grueling summer. Much to deal with, much to over come. My Brother in-law was a very special person. He made me laugh, made me mad, he helped us all in his own way and in his own time. He is always fresh on our minds. *Here is a smile for you Doug.*

Our oldest Granddaughter (*Nicole*) was married on September 6th. What a galore occasion. We catered a shower party and her rehearsal dinner. The rest was at the Eastland in Portland. She and her husband (*Mark Eric*), have purchased a new home and are living in Scarborough.

I hope your 2009 is healthy & prosperous and pray that the economy returns to it's great strengths.

Don't forget, up to 20% savings on Catered Maine Lobster Bakes, until further notice!!!

Our Services

- ♥ Lobsterbakes from Maine to Florida, anytime.
- ♥ Chicken, Steak, & Baby Back Rib BBQ's, Hot Dogs & Burgers
- ♥ Prime Rib Buffet's
- ♥ Home Deliveries anytime.



- ♥ Full Buffet Menu
- ♥ House parties

How you can reach us

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Maine Lobster, a dieter's dream:

3 1/2 oz portion;

	<u>Calories</u>	<u>Sat Fat</u>	<u>Cholesterol</u>
Lobster	98	0.1g	72 mg
Chicken	173	1.3g	85 mg
Turkey	140	0.4g	86 mg

As the lobstermen say when they toss short lobsters back in the ocean "Catch you later."