



The Boston Herald *Wednesday, July 16, 1997* *Maine Diner in Wells shares "Maine Courses"*

HERE'S HOW

Question: My girl friends and I occasionally drive up to Maine for a day of shopping, which includes a stop for lunch. One of our favorite places to go is the Maine Diner in Wells. The seafood chowder served there is like none other. We'd all really like the recipe if you could get it. Thanks so much. R.T. Amesbury

Answer: So many people requested recipes from the diner that owners Dick and Myles Henry decided to publish some of their recipes last year in "Maine Courses." The booklet included 76 recipes from the diner and from their own collections.

The diner is open year round. In the summer, many ingredients come from the large vegetable garden in the back. We're reprinting the chowder recipe below, along with another oft-requested "Grandmother's" lobster pie. The chowder recipe comes from Myles Henry.

THE MAINE DINER'S SEAFOOD CHOWDER

1 Maine lobster (about 1 lb.) 1/2 lb.

Maine steaming clams

1/2 lb. shrimp (26 - 30 count)

1/2 lb. scallops

1 can (10 oz.) baby clams

1/4 lb. butter

2 c. light cream

2 c. milk

? c. dried parsley flakes

1 T. paprika

2 medium potatoes

4 oz. salt pork

1 medium onion, diced fine

Salt and pepper to taste

Oyster crackers, for serving .

In 1 1/2 quarts of water, boil the lobster for 15 minutes in a pot with a lid. Remove the lobster and set aside. In the same liquid, cook the steamers until they open. Remove the steamers and set aside. Using the same liquid once again, cook the scallops and shrimp until cooked through. Leave in the pot with the broth.

Split open the lobster and pick out the meat. Break the meat into bite-sized pieces and return it to the pot. Clean the tomalley out of the lobster cavity and add it to the pot. Add the canned baby clams (with their juice), butter, cream, milk parsley and paprika. Remove the steamers from their shells, pick off the neck sheath, and add to the pot. Keep warm but do not boil.

Peel and dice the potatoes. In a separate pot, cook them in boiling water just until tender. Drain and add to the pot.

In a frying pan, sauté the salt pork until rendered. Add the onions and cook until tender. Add the entire contents of the pan to the pot.

Simmer the pot on low heat until hot. Add salt and pepper to taste. Serve the chowder in soup bowls with oyster crackers. Serves 4.

The Maine Diner's "Grandmother's" Lobster Pie

5 lobsters (1 lb. each)

1 c. (2 sticks butter)

2 T. lemon juice

3 c. crushed Ritz crackers

Parsley, for garnish

Lemon wedges, for garnish

Steam the lobsters in salted water for 12 -15 minutes, or until the meat is cooked. Cool.

Over a bowl, to catch the juices, pick out the meat from the tails, knuckles, and claws. Remove and reserve the tomalley.

Melt the butter in a frying pan. Stir in the tomalley and lemon juice. Remove from the heat. Stir in the crushed crackers. Add enough reserved lobster juice so the mixture is moist and thick, about the consistency of turkey stuffing.

Divide the lobster meat among 4 individual casseroles. Cover each one with the cracker mixture, patting it on evenly. Bake at 425 degrees until the top begins to brown, about 10 minutes. Garnish with parsley and lemon. Serves 4.

Have you ever tasted a dish at a restaurant and wished you could re-create it at home? Drop us a note and we'll try to track down the recipe for you. Send recipe requests to "Here's How," Food Department, The Boston Herald, One Herald Square, P.O. Box 2096, Boston 02106-2096.