



BAR HARBOR®  
FOODS



AUTHENTIC  
MAINE RECIPES  
THE "MAINE EXPERIENCE" COOKBOOK

# **Bar Harbor® Foods: Authentic Maine Recipes**

## **The “Maine Experience” Cookbook**

© Look's Gourmet Food Company  
1112 Cutler Road  
Whiting, ME 04691  
Phone 207.259.3341 • Fax 207.259.3343



# Table of Contents

## ***Appetizers/Sides:***

- Kipperd Tomato Cocktail Appetizers
- Our Own Nicoise Salad Bowl
- Simple Lobster Caesar Pasta Salad
- Smokey Seafood Antipasto Salad
- Lobster Cheddar Corn Pudding
- Old-Fashioned Maine Croquettes
- Harborside Fried Yellow Tomatoes
- The Original Maine Lobster Hollandaise Sauce
- Bar Harbor® Smoked Swimmer Pâté
- Braised And Briny Artichoke Salad
- New England Style Spicy Clam Marinara
- Bar Harbor® Roasted Shoreline Dip
- A Maine Lumberman's Cheese Dip
- Thai Seaside Appetizers New England Style!
- Simple and Tasty Bar Harbor® Clam Rangoon
- Smoked Herring/Sardine Salad (Think Tuna Salad!)
- Bar Harbor Lobster Summer Salad by Chef Tony Clark
- Chilled BBQ Bar Harbor Cherrystone Clam Appetizer by Chef Tony Clark
- Herring Salsa Frittata
- Maine Lobster Rolls / Lobster Salad
- Lobster & Clam Bruschetta
- Herring & Wine Party
- Downeast Clam Dip

## ***Soups:***

- Creamy and Chunky Lobster Bisque

- Immune Boosting Broth
- Maine Fish Chowder
- Clam & Kale Soup
- Southwestern Clam Chowder

## ***Entrees:***

- Bar Harbor® Smoked Fish Tacos
- Basque Style Pasta and Tomatoes
- Asian Style Herring and Butter Beans
- Clams Casino, The Maine Way
- Bar Harbor® Battered Maine Lobster
- Real and Simple Maine Lobster Newburg
- Now THAT'S Lobster Risotto!
- Zuppa di Vongole, Bar Harbor® Style
- Creamy Bar Harbor® Clams Torta
- Easy Cheesy Luncheon Melt
- 4-Ingredient Ultimate Crab Mac and Cheese
- Bar Harbor® Mini Maine Clam Bake Sliders
- Super-Food Side Dish
- Bar Harbor® Grilled Lobster and Asparagus Flatbread
- Bar Harbor® Clam Chowda Pizza!
- Linguine with Escarole and Shrimp
- Shrimp Risotto
- Dilled Salmon Pot Pie
- Pasta with Bar Harbor® Clams, Bacon & Tomatoes
- Lobster & Scallop Pasta with Sundried Tomato Sauce

## ***Drinks:***

- Bar Harbor® Lobstahitini
- Bar Harbor® Clam Shack Margarita
- Signature "Bar Harbor® Nauti Mary"

## Kippered Tomato Cocktail Appetizers

### Ingredients:

2 (6.7-oz) cans Bar Harbor® All Natural Smoked Wild Kippers, drained  
1/2 cup whole kernel corn, drained well  
2 tablespoons minced onion  
3 tablespoons pickled or preserved lemon, minced and divided  
1/2 cup diced tomatoes  
3/4 cup chili garlic sauce, divided  
2 tablespoons lime juice  
1/2 teaspoon red pepper flakes  
Iceberg or romaine lettuce

### Instructions:

Gently toss sardines, corn, onion, 2 tablespoons minced lemon, tomatoes, 1/2 cup chili sauce, lime juice, and red pepper flakes in a bowl. Place in refrigerator for at least an hour. When ready to serve, make 6 'cups' of lettuce to form a hand-hold for this spicy appetizer. Evenly portion mixture into lettuce cups. Top with equal amounts of remainder chili garlic sauce and minced lemon. Serve very cold.

## Our Own Nicoise Salad Bowl

### Ingredients:

2 cups Romaine lettuce, roughly chopped  
1 (6.7-oz) can Bar Harbor® Wild Herring Fillets, seasoned with Cracked Pepper, divided  
1/4 cup pitted black olives  
1/2 tomato, chopped  
1/2 pickling cucumber, sliced thin  
2 hardboiled eggs, chopped  
Yankee Nicoise Salad Dressing, recipe below

Divide lettuce among 2 serving bowls.

Evenly divide the black olives, tomato, cucumber and hard boiled eggs on lettuce.

Top each with a half of a can of herring fillets (saving 1 teaspoon of the herring for the Nicoise Salad Dressing below).

Drizzle Yankee Nicoise Salad Dressing over the top of each

Yankee Nicoise Salad Dressing:

1/4 cup red-wine vinegar  
2 teaspoons Raye's® Raspberry Wine Mustard  
1/2 teaspoon minced garlic in oil  
1/4 teaspoon salt  
Pinch black pepper  
1 teaspoon sardines  
1/2 teaspoon dried basil  
1 cup extra virgin olive oil

### Instructions:

Add all ingredients, except oil, in a blender or food processor bowl and start pulsing on high. In a slow stream, add the oil until everything is emulsified. Remove, add to salad and toss.

## Simple Lobster Caesar Pasta Salad

### Ingredients:

10 ounces your favorite pasta (we used penne)  
2 (6.5-oz) cans Bar Harbor® Lobster Meat, drained and roughly chopped  
1/2 green bell pepper, seeded and diced small  
3 hardboiled eggs, chopped  
1/3 onion, peeled and diced small  
1/2 cup Parmesan cheese, shredded  
1-1/4 cup prepared Caesar salad dressing  
6 cups salad mix or chopped Romaine lettuce

### Instructions:

Cook pasta according to package directions. Drain and cool completely without rinsing. Add the pasta to a large bowl along with remainder of ingredients, except lettuce and croutons. Toss well, cover and refrigerate for 2 hours. Divide lettuce into mounds on 6 serving plates, top with equal amounts of the salad and serve immediately.

## Smokey Seafood Antipasto Salad

### Ingredients:

8 ounces diced, smoked ham or chicken  
1 apple, peeled, cored and diced  
1 red bell pepper, seeded and chopped  
1/2 cup cooked peas, cold  
8 ounces' salad mix, cut into bite-sized pieces  
6 ounces' cheddar cheese, cubed  
1 cup cannellini, butter or kidney beans, drained and rinsed  
2 tomatoes, chopped  
1/2 cucumber, peeled and sliced thin  
(3) cans Bar Harbor® All Natural Chopped Clams, drained

### Instructions:

In a large salad bowl, combine all ingredients. Add desired vinaigrette, toss to combine and dole out among 4 serving plates.

## Lobster Cheddar Corn Pudding

### Ingredients:

1 tablespoon butter  
3/4 cup whole kernel corn  
1/4 cup red bell pepper, minced  
2 tablespoons minced onion  
1 (6.5-oz) can Bar Harbor® Lobster Meat, coarsely chopped  
1 (10.5-oz) can Bar Harbor® New England Style Lobster Bisque  
3 eggs, beaten  
2 tablespoons fresh bread crumbs  
Salt and black pepper to taste  
1 cup shredded Cheddar cheese, divided  
3 tablespoons grated Parmesan cheese  
Nonstick cooking spray

### Instructions:

Preheat oven to 350-degrees F. Melt butter in a large skillet over medium-high heat. Add corn, bell pepper and onion. Cook for 2 minutes, stirring a couple of times until the onion and pepper are soft. Transfer to a bowl with remainder of ingredients, except 1/2 cup shredded cheese. Equally divide among four 8-ounce ramekins that have been sprayed with nonstick cooking spray and top with remainder of the cheese. Place ramekins in a high-sided oven pan and add just enough water to come up the ramekins but not too much for them to start floating. Bake for 30-35 minutes, or until knife inserted in the middle comes out clean. Remove and serve immediately.

## Old-Fashioned Maine Croquettes

### Ingredients:

3 (6.7-oz) cans Bar Harbor® All Natural Smoked Wild Kippers  
1 sleeve saltine crackers, crushed  
3 eggs, divided  
1/2 teaspoon black pepper  
1/4 cup minced onion  
2 tablespoons hot pepper sauce  
1 cup flour  
1 cup dried bread crumbs  
1 cup milk  
1 quart canola oil, for frying  
1 (15-oz) can newburg sauce  
1/2 cup sour cream

### Instructions:

In a large bowl, combine kippers, with liquid from cans, 2 beaten eggs, onion, hot pepper sauce and black pepper. Add half the crackers and combine. Keep adding small amounts of the crushed crackers until it just holds together and place in refrigerator while heating oil and making sauce. Heat oil in a sturdy pot over medium heat until it reaches 350-degrees F, or use a deep fat fryer, heating oil according to manufacturer's instructions. Remove croquette mixture from refrigerator and, using 2 tablespoon measurements, form into bell shapes. You should have about 12 in total. In a shallow bowl, blend flour and bread crumbs. In another shallow bowl, mix the milk and remaining egg. Dip each bell in the crumb mixture, then the egg wash. Shake off excess egg wash and dunk back into the crumbs. Repeat with all of the kipper mixture. Deep fry in batches, for 4-6 minutes, turning as needed to brown evenly. Remove to paper towel-lined platter. Give yourself a minute or two in between batches for the oil to reheat. In a small saucepan, whisk together Newburg Sauce with sour cream and heat over low until hot. Remove and spoon over croquettes. Serve 3 to a plate.

## Basque Style Pasta and Tomatoes

### Ingredients:

2 tablespoons oil  
1/4 small onion, minced  
1 teaspoon minced garlic in oil  
3 medium tomatoes, roughly chopped  
1 cup tomato or vegetable juice  
1 cup Bar Harbor® New England Style Lobster Bisque  
1/2 teaspoon red pepper flakes  
8 oz spaghetti  
Couple tablespoons chopped fresh basil leaves  
1/4 cup grated Manchego Cheese

### Instructions:

In a large saucepan, heat oil over medium. When hot, add the onion and garlic. Cook for 3-4 minutes, or until onions are softened. Add chopped tomatoes, stir well and simmer for 3 minutes, stirring frequently. In a bowl, whisk together the tomato juice and lobster bisque. Add to pot with onions, along with red pepper flakes; stir to combine. Reduce heat to low and simmer, partially covered, while cooking spaghetti according to package directions. Drain and let spaghetti sit for 10 minutes to dry out. Add the spaghetti to the pot of sauce, stir to combine and serve immediately with chopped basil leaves and grated Manchego cheese on top. Enough for 2 generously sized portions.

## Harborside Fried Yellow Tomatoes

### Ingredients:

2 yellow tomatoes  
Salt and cracked black pepper to taste  
1/2 cup milk  
1 egg, beaten  
1/2 cup yellow cornmeal  
3/4 cup flour  
1/2 cup dried bread crumbs  
1/2 teaspoon cayenne pepper  
Vegetable oil, as needed  
1 (10.5-oz) can Bar Harbor® New England Style Crab Bisque  
1/4 cup light or half-and-half cream  
1 red tomato, diced, to garnish on top  
Parmesan cheese, for garnish  
Slice tomatoes into 1/2-inch slices and sprinkle each side with salt and cracked pepper; set aside.

### Instructions:

In a large, shallow bowl, whisk together milk and egg; set aside. In another large shallow bowl, blend cornmeal, flour, bread crumbs and cayenne pepper; set aside. In a saucepan, whisk together crab bisque and cream. Heat over low and keep warm while cooking tomatoes. Dip tomatoes in crumbs, then egg wash and crumbs again, making sure you pat the crumb mixture firmly onto each side of the tomato. Set on a plate and repeat with remaining slices. In a large skillet, heat 2 tablespoons oil over medium heat until shimmering. Add as many tomato slices as will fit and cook 3-5 minutes per side, or until lightly browned. Remove and repeat with any remaining slices, adding more oil as needed. To serve, ladle equal amounts of warmed crab bisque onto each of four serving plates. Lay two grilled slices of green tomato onto bisque and top with chopped red tomatoes and a sprinkling of Parmesan cheese. Serve immediately.

## The Original Maine Lobster Hollandaise Sauce

### Ingredients:

4 egg yolks  
1/4 cup Bar Harbor® Lobster Juice  
1 stick butter (1/2 cup), cut into pats  
1 tablespoon lemon juice  
Large pinch cayenne pepper  
1 tablespoon minced, Bar Harbor® Lobster Meat  
15 half clam shells, optional

### Instructions:

Add water to a large pot to come up 3 inches from bottom. Place over medium-low heat. In a metal bowl that snugly fits into the pot without touching the water (or use any insert that fits so that the steam will not come up and burn you when the water boils) add the egg yolks, whisking well. Add the lobster juice and continue whisking while water is boiling. Once mixture is very hot, slowly add one pat of butter at a time, whisking constantly. Let one pat completely melt before adding the next. When all the butter is used, cook an additional minute. It will have almost doubled in volume and be creamy and smooth. Remove from heat, stir in the lemon juice and cayenne pepper and use warm. Refrigerate any leftover sauce, reheating over low heat to reuse. Evenly divide Lobster Hollandaise Sauce among clean clam shells and top with a pinch of minced lobster meat. Or simply sprinkle minced lobster on top of sauce to serve in the bowl.

## Bar Harbor® Smoked Swimmer Pâté

### Ingredients:

1 (6.7-oz) can Bar Harbor® All-Natural Hardwood Smoked Kippers  
1/3 cup cream cheese, softened  
2 tablespoons mayonnaise or salad dressing  
2 tablespoons minced cucumber  
1 teaspoon lemon juice  
1/2 teaspoon red pepper flakes  
1 tablespoon snipped chives  
Large pinch black pepper

### Instructions:

In a bowl, stir together fish, cream cheese, mayonnaise, cucumber, lemon juice, red pepper and chives until well combined and the kippers have broken up. Spoon into bowl, cover and refrigerate. Serve with toasted bread of your choice or crackers. Makes about 1 cup

\* If you would like a pâté that can be sliced, simply double the amounts in this recipe and add 2 beaten egg whites. Transfer to 2 greased muffin cups in a 6 cup muffin tin. Bake 15-20 minutes, or until firm and set. Remove from oven to cool slightly before transferring to a plate. Slice and serve on your favorite toasted bread or crackers.

## Braised and Briny Artichoke Salad

### Ingredients:

8 oz. frozen, cooked artichoke hearts\*  
1 large tomato, cut into 8 thin slices  
2 tablespoons olive oil  
1 teaspoon minced garlic in oil  
1 apple, peeled, cored and thinly wedged  
1/2 cup your favorite pitted olives, halved  
2 (6.5-oz) cans Bar Harbor® Whole Gourmet Ocean Clams, drained  
1/4 cup apple cider vinegar  
1/4 teaspoon salt and black pepper  
Shaved Parmesan cheese

### Instructions:

Thaw artichoke hearts according to package directions. If they need to be steamed or boiled, follow directions, draining to cool before proceeding with recipe. Place 2 slices tomatoes onto each of 4 serving plates; set aside. In a large skillet, heat olive oil over medium-high heat. Add garlic and cook until lightly browned, about a minute, stirring frequently. Add apple wedges and continue to cook until fork tender, about another 3-4 minutes. Add artichokes, olives, clams and apple cider vinegar. Toss and only cook until the clams and olives are heated throughout. Season to taste and evenly divide over the sliced tomatoes, topping with shaved cheese. Enough for 3 servings.

\*You can also use canned artichoke hearts. Simply drain and gently rinse before using.

## Asian Style Herring and Butter Beans

### Ingredients:

1 large sweet potato, peeled and diced  
1/2 (15-oz) can Bar Harbor® Fish Stock  
1/4 cup soy sauce  
1 teaspoon dried ginger  
1 teaspoon minced garlic in oil



1/2 small onion, diced  
1/2 carrot, sliced and chopped  
1 (15-oz) can butter beans, drained  
1 (6.5-oz) can bamboo shoots, drained  
2 (6.7-oz) cans Bar Harbor® Wild Herring Fillets, seasoned with Cracked Pepper  
6 ounces shaved Cheddar cheese  
Cornbread, diced, optional

Instructions:

Place sweet potato in a large skillet or saucepan with fish stock, soy sauce, ginger, garlic, onion and carrots, with enough water to cover. Simmer, uncovered, for about 8-9 minutes, over medium-low heat until carrots and squash are fork tender. You should have about a 1/4-cup liquid left in pan. If you see that you are drying out, simply add water. Add the butter beans and bamboo shoots to skillet. Let simmer 2 minutes, stirring a couple of times. Spoon equal amounts of the butter bean mixture onto 4 plates. Top with copious amounts of herring fillets, gently lifted from can. Splash some cooking liquid over each or add extra soy sauce, if desired. Top with cracked black pepper, sunflower seeds or pine nuts and equal amounts of shaved Cheddar. We added some diced prepared cornbread but substitute some flavored croutons if desired. Serve immediately.

## Clams Casino, The Maine Way

Ingredients:

4 squares prepared cornbread  
2 tablespoons butter or margarine  
1/3 cup diced onions  
1/3 cup red bell pepper  
1 (10.5-oz) can Bar Harbor® New England Style White Clam Sauce  
1/4 cup grated Parmesan cheese  
3 ounces smoked ham, diced small (crumbled bacon can be substituted)  
1 (6.5-oz) can Bar Harbor® Whole Gourmet Ocean Clams, drained  
Salt and black pepper to taste

Instructions:

Put a square of cornbread on each of 4 serving plates. In a large skillet over medium heat, melt butter. Add onions and bell pepper, cooking until they are tender but still crisp, stirring occasionally. Add the clam sauce, parmesan cheese, and ham to skillet. Bring to boil, reduce heat to low and simmer 8 minutes, stirring once or twice. Add clams and season to taste. Cook an additional minute or until the clams are heated through. Heat the cornbread in the microwave until hot. Evenly divide clam mixture over each cornbread slice and serve immediately.

## New England Style Spicy Clam Marinara

Ingredients:

1/4 cup olive oil, divided  
1/2 small onion, peeled and minced  
1 small carrot, peeled and diced small  
1 teaspoon minced garlic in oil  
1 (15-oz) can crushed tomatoes  
2 tablespoons tomato paste  
2 (6.5-oz) cans Bar Harbor® Whole Gourmet Ocean Clams  
1 teaspoon oregano  
1 teaspoon sugar  
1 teaspoon crushed red pepper  
1 tube prepared polenta

Black pepper to taste

Instructions: In a medium saucepan, heat 1 tablespoon olive oil over medium heat until hot. Add onion and diced carrot. While stirring occasionally, cover and cook until the carrots are fork tender, about 10-12 minutes according to the size of your dice.

Add the garlic and continue cooking an additional 3-4 minutes, or until the garlic has softened. Add crushed tomatoes with juice, tomato paste, juice from cans of clams, oregano, sugar and crushed red pepper. Stir to distribute the paste evenly in liquid, reduce heat to low and partially cover. Simmer for 15 minutes, or until thickened.

Remove lid and stir in the clams, heating until the mussels are hot and season to taste with black pepper. Meanwhile, cook polenta.

Slice polenta into six 1-inch thick rounds. Heat remainder of olive oil in large skillet over medium-high heat. When hot, add polenta slices, cover and cook 7-9 minutes per side, or until crispy. You may not have a brown color and that is just fine, it will still be very crusty on the outside. You would have to stand there for 15 minutes, at least, for polenta to brown up. Flip and cook an additional 7-9 minutes, or until crisp and hot. Remove to 3 serving plates. When spicy marinara sauce is done, equally divide among each plate and serve hot.

## Bar Harbor® Battered Maine Lobster

Ingredients:

10 button mushrooms

1 quart canola oil

1 (8-oz) can sliced water chestnuts

4 ounces soft (or creamy) tofu, drained

1 (6.5-oz) can Bar Harbor® Lobster Meat, drained and minced

2/3 cup Bar Harbor® Lobster Stock

1 teaspoon lemon pepper

1 teaspoon freshly snipped chives

1/2 teaspoon cayenne pepper

1/2 teaspoon salt

Store brand sweet and sour sauce

(Seafood Batter, recipe below)

Instructions:

Remove stems from mushrooms and mince. Wipe mushroom caps clean with cloth. Bring oil to 350-degrees F over medium heat or use a deep fat fryer, heating oil according to manufacturer's instructions. Meanwhile, make stuffed mushrooms. Gently press a slice of water chestnut into the bottom of each mushroom cap, trimming to fit. In a bowl, combine tofu, lobster meat, minced mushroom stems and spices; blend well. Scoop a tablespoon of lobster mixture and add to a mushroom cap, pressing firmly and tightly (but carefully) mold it into a round dome. Repeat with remainder of mushroom caps. Place in refrigerator while making Seafood Batter.

Seafood Batter: In a bowl, combine 1 cup flour, 1 teaspoon sugar and 1/2 teaspoon baking powder well. Add 2/3 cup Bar Harbor® Lobster Stock, beaten egg and melted butter. Whisk until smooth. Remove stuffed mushrooms from refrigerator and roll into the prepared batter. Lift out, one by one, with a fork and let the excess batter fall just for a second. Carefully drop into hot oil, a few at a time, and cook 3-4 minutes or until golden brown. You may have to rotate them so that all sides are cooked evenly. Remove to a paper towel-lined plate and repeat, giving the oil a minute or two to heat back to temperature. Divide among 2 serving plates and drizzle heated sweet and sour sauce over each; serve immediately.

## Creamy and Chunky Lobster Bisque

Ingredients:

1 (6.5-ounce) can Bar Harbor® Lobster Meat

3 tablespoons butter or margarine

1/4 cup minced onion

1/2 teaspoon minced garlic in oil

1 (8-oz) bottle Bar Harbor® Maine Lobster Juice

1 cup vegetable broth  
1 cup light or half-and-half cream  
3 tablespoons tomato paste  
1/2 teaspoon Tabasco sauce  
1/4 teaspoon Worcestershire sauce  
Black pepper to taste  
1/4 cup dry sherry, optional

**Instructions:**

Drain lobster meat from the can and reserve juice. Mince lobster meat; set aside. In a medium saucepan, add the butter and melt over medium heat. Add onion and garlic, cooking until onion has softened, about 4 minutes. Add lobster juices, broth, cream, tomato paste, Tabasco sauce, Worcestershire sauce and pepper to taste. Whisk well, reduce heat to low and simmer for 10 minutes, stirring frequently. Remove from heat and fold in the minced lobster and sherry, if using. Serve immediately. Makes about 3 cups.

## **Real and Simple Maine Lobster Newburg**

**Ingredients:**

1 (6.5-oz) can Bar Harbor® Whole Maine Lobster Meat  
3 tablespoons butter or margarine  
2 tablespoons flour  
1 (8-oz) bottle Bar Harbor® Maine Lobster Juice  
1/3 cup vegetable broth  
1/4 cup light or half-and-half cream  
3 tablespoons tomato paste  
1/4 teaspoon Worcestershire sauce, optional  
Large pinch cayenne pepper  
Black pepper to taste  
1/4 cup cognac or sherry, optional  
1/2 teaspoon lemon juice  
2 slices toast

**Instructions:**

Open lobster meat and drain liquid into a bowl; set aside. Roughly chop lobster; set aside. In a medium saucepan, melt butter over medium heat. Whisk in flour until smooth. Add lobster juice, saved lobster juice from can, broth, cream, tomato paste, Worcestershire sauce, if using, cayenne pepper and black pepper. Whisk until well combined and continue whisking frequently until thickened and starting to boil, about 4-6 minutes. Remove from heat and stir in cognac, if using, and lemon juice. Fold in lobster and serve hot over toast or with toast points. Makes about 2 cups.

## **Now THAT'S Lobster Risotto!**

**Ingredients:**

3 (15-ounce) cans Bar Harbor® Lobster Stock  
1 (15-ounce) can Bar Harbor® Seafood Stock  
2 tablespoons butter  
2 teaspoons minced garlic in oil  
1/2 small onion, minced  
1 pound (2-1/2 cups) short-grain rice (Arborio is best)  
2 cups grated Parmesan cheese  
1 (10.5-ounce) can Bar Harbor® Lobster Bisque  
1 cup cooked peas

Salt and black pepper to taste  
1 can Bar Harbor® Whole Maine Lobster Meat, drained and coarsely chopped

**Instructions:**

Place the lobster and seafood stocks in a saucepan and keep hot on low heat. Heat a large skillet over medium heat, adding butter to melt. Add the minced garlic and onion. Cook, stirring frequently, until onion has softened. Reduce heat to medium-low and add rice. Stir well to coat rice with butter mixture. Adding 1 cup hot stock at a time, stir well into rice and continue cooking and constantly stirring until absorbed. Repeat with remainder of hot stock, always waiting until the previous stock is absorbed before adding another cup. This will take about 18-20 minutes' total time. Add the cheese, bisque and peas, stirring and cooking until everything is hot and creamy. Salt and pepper to taste and remove from heat. Immediately divide among 4 serving dishes, top with equal amounts of chopped lobster and serve.

## Zuppa di Vongole, Bar Harbor® Style

**Ingredients:**

2 tablespoons oil  
2 teaspoons minced garlic in oil  
1 small onion, minced  
1-2 (15-ounce) cans vegetable broth  
1 (15-ounce) can Bar Harbor® Fish Stock  
1 (15-ounce) can Bar Harbor® Lobster Stock  
1-1/2 cups dried macaroni  
1-1/2 cups small diced butternut or buttercup squash  
1 (15-ounce) can tomato puree  
1 teaspoon oregano  
1 cup frozen peas  
3 (6.5-ounce) cans Bar Harbor® Chopped Sea Clams, drained  
Salt and pepper to taste

**Instructions:**

In a large pot or saucepan, add the oil and garlic over medium heat. Cook garlic, stirring frequently, until fragrant and starting to soften, about 3-4 minutes. Add onion and continue cooking until onions are soft, another 4-5 minutes. Add 1 can vegetable broth and both stocks, macaroni and squash. Stir well and bring to a boil, reduce heat to low, cover and cook until macaroni is done, 10-12 minutes, stirring frequently. The squash will be very tender and starting to dissolve in the soup upon stirring. If you see that you need more liquid, add the remainder can of vegetable broth. Stir in remainder of ingredients, season to taste and simmer on low an additional 4-6 minutes, or until thickened and delicious. Serve immediately or this soup is best reheated the next day, believe it or not.

## Creamy Bar Harbor® Clams Torta

**Ingredients:**

4 cups cooked spaghetti, or other pasta  
1/2 cup milk  
5 egg whites  
1/2 teaspoon black pepper  
1 (6.5-ounce) can Bar Harbor® Chopped Sea Clams, drained  
4 ounces of cheese, grated  
3 tablespoons olive oil

**Instructions:** Drain spaghetti as well as you can, let sit for 15 minutes to dry out. In a large bowl, whisk milk, egg whites and pepper together well. Fold in the spaghetti, clams and lastly the grated cheese. Bring oil to shimmering hot over medium heat in a large 10-12 inch skillet. Give the spaghetti mixture one more stir to blend the cheese evenly throughout. Pour into hot skillet, reduce heat to low, cover and simmer. You should see a slight bubbling all around the outside of the skillet in about 8-10 minutes. If not, raise heat to

medium-low. Remove from heat once the center is set and the edges have attained a brown, crispy crust. Transfer to a serving plate and cut pizza fashion to serve hot.

## Bar Harbor® Smoked Fish Tacos

### Ingredients:

1 (6.7-ounce) can Bar Harbor® Skinless, Boneless Smoked Sardine Fillets  
Three 6-inch flour tortilla shells  
1 cup shredded lettuce  
1/4 cup shredded cheddar cheese  
A few slices onion  
Creamy Cucumber Cilantro Sauce (recipe below)

### Instructions:

Make Creamy Cucumber Cilantro Sauce, letting it sit in refrigerator for at least an hour before using. Creamy Cucumber Cilantro Sauce: mix 1/4 cup each sour cream and mayonnaise, 2 tablespoons minced cucumber, 1 teaspoon lime juice, 1 teaspoon dried coriander, large pinches of garlic powder, cumin, salt and black pepper as desired, Blend well and refrigerate.

Gently transfer sardines to skillet and heat over low until warmed throughout; set aside. Open all three tortilla shells on a large plate and mound lettuce down the center of each. Evenly divide the sardines on top of lettuce, followed by Creamy Cucumber Cilantro Sauce, cheese and onion. Fold up and have at it!

## A Maine Lumberman's Cheese Dip

### Ingredients:

1/2 (16-ounce) can Bar Harbor® All Natural, Vegetarian Soldier Beans  
1 cup desired beer, optional  
1 cup grated Cheddar cheese  
1/4 cup salsa  
1 teaspoon dry mustard  
Tortilla rounds or chips

### Instructions:

In a large bowl, mash the beans, if desired, with a fork or pulse in a blender or food processor until paste-like but still chunky; set aside.

In a saucepan, heat beer over medium until boiling. Add the cheese and stir until melted, about 3-4 minutes. Reduce heat to low and fold in the salsa, mashed beans and mustard. Bring temperature to scalding and remove from heat to serve with tortilla chips.

## Easy Cheesy Luncheon Melt

### Ingredients:

1 (6.7-ounce) can Bar Harbor® Skinless, Boneless Smoked Sardine Fillets  
1 tablespoon mayonnaise  
1 teaspoon Raye's® Sea Dog Beer Mustard  
2 slices whole wheat bread  
2 thick slices tomato, cut in half  
1/3 cucumber, sliced  
4 slices Harvati or American cheese  
2 tablespoons dried cranberries

### Instructions:



Preheat oven to 400-degrees F. Drain any juice from the can of sardines into a bowl and whisk with mayonnaise and mustard; set aside. Toast both slices of bread and evenly spread mayonnaise mixture on one side of each slice. Place on a baking pan. Evenly divide the sardines onto both slices of toast. Place 4 half slices tomatoes on top of each mound. Bake for 3 minutes, remove from oven and top with cheese. Bake an additional 4 minutes, or until the cheese has melted. Remove from oven, garnish with cucumber slices and dried cranberries. Serve immediately.

## 4-Ingredient Ultimate Crab Mac and Cheese

### Ingredients:

1 cup dry macaroni  
1 can (10.5-ounce) Bar Harbor® New England Style Crab Bisque  
1/3 cup light or half and half cream  
1 1/4 cup shredded Cheddar cheese

### Instructions:

Cook macaroni according to package directions. Drain and set aside. In a large saucepan, combine remainder of ingredients and bring to scalding over medium heat, stirring frequently. When cheese has completely melted, combine the macaroni and serve immediately. Serves for 2.

## Thai Seaside Appetizers New England Style!

### Ingredients:

3 tablespoons chili oil \*  
2 teaspoons minced garlic in oil  
1/2 teaspoon dried ginger  
1 tablespoon soy sauce  
Juice and grated zest from 1 lemon  
1 cup cole slaw mix  
1/4 small red bell pepper, diced small  
1/4 small green bell pepper, minced  
2 (6.5-ounce) cans Bar Harbor® Chopped Sea Clams, drained  
1 cup plain white or sticky rice, cooked and kept hot  
14-16 clean clam, mussel or scallop shells or Romaine or large basil leaves

Instructions: In a large skillet, heat chili oil over medium heat until shimmering. Add garlic and cook 1 minute, stirring frequently. Add the ginger, soy and juice and zest from the lemon. Stir to combine, raise the temperature to medium-high and add cole slaw mix along with both peppers. Combine and stir-fry 3-4 minutes, or until heated through and just starting to soften. Add the clams and mix well. Remove from heat. Make sure your rice is hot. If using sticky rice, follow package directions when preparing. Evenly divide the clam mixture on one half of the clam shell and rice on the other. Serve immediately.

\* Want to make your own chili oil? It's as simple as heating 1 cup of neutral flavored oil, such as canola or peanut, over medium heat with 1 tablespoon of either chili pepper or red pepper flakes. Stirring occasionally, bring the oil up to almost boiling. When it is really hot and almost bubbling around the edges remove from heat and let cool before bottling to save in the refrigerator. You may either strain it before storing or leave the pepper visible if it is entirely up to you.

## Simple and Tasty Bar Harbor® Clam Rangoon

### Ingredients:

1 (6.5-ounce) can Bar Harbor® Chopped Sea Clams, drained  
4 ounces Neufchatel or cream cheese, room temperature  
3 ounces Cheddar cheese, diced small or shredded  
1/4 cup minced onions  
1/4 cup mayonnaise or salad dressing  
Non-stick cooking spray  
6 wonton wrappers  
Cracked black pepper

### Instructions:

Preheat oven to 300-degrees F. In a bowl, stir together chopped clams, Neufchatel and Cheddar cheese, onion and mayonnaise until well combined. Spray a 6-cup muffin tin (normal size) with nonstick cooking spray. Place the wonton wrappers inside each cup and press snugly to the bottom. Evenly distribute the clam filling into each of the cups and bake 15-17 minutes, or until the sides of the wonton wrappers are nicely browned. Remove from oven to cool for a couple of minutes before lifting out to serve hot. Sprinkle each with some cracked black pepper.

## Bar Harbor® Mini Maine Clam Bake Sliders

### Ingredients:

8 mini buns or toasted bread rounds  
1 small onion, roasted (roasting tip below)  
2 medium potatoes, shredded  
3/4 cup Bar Harbor® Clam Juice  
2 (6.5-ounce) cans Bar Harbor® Chopped Sea Clams  
1 egg yolk, beaten  
1/2 teaspoon each of cayenne and black pepper, garlic powder  
2 tablespoons Parmesan cheese  
3/4 cup whole kernel corn  
1/3 cup dried, unseasoned bread crumbs  
3 tablespoons oil  
1 cup prepared Hollandaise Sauce  
2 tablespoons Bar Harbor® Lobster Juice  
1 teaspoon minced, Bar Harbor® Whole Maine Lobster

### Instructions:

Cut just a little off the sprout end of the onion and place cut side up in a pan. Roast in its skin for about 30 minutes at 350-degrees F, or until the onion is just starting to soften. Remove to cool before peeling and finely chopping. Simmer shredded potato with clam juice and enough water to cover. After 2 minutes of simmering over medium heat, remove, strain, rinse in cold water and set aside. Drain clams, saving 3 tablespoons juice and discarding the rest. Add clams, reserved juice, egg yolk, seasonings, Parmesan cheese, corn and bread crumbs well. Put in refrigerator for 15 minutes. Divide the clam mixture into 8 evenly sized balls. Place in the bowl of shredded potato and press firmly all around to stick well. Flatten out to fit buns. Heat oil in large skillet over medium high until hot. Grill clam cakes until well browned on both sides, about 4 minutes per side. Remove, placing them on the bottom parts of your buns. Top with roasted onion and serve with Lobster Hollandaise sauce that has been poured into a clean clam shell for dipping. Add a pinch of minced lobster on top.

### Lobster Hollandaise Sauce:

Make your favorite Hollandaise Sauce, and simply add Bar Harbor® Lobster Juice at the same time as the lemon juice, beating well.

## Bar Harbor® Lobstahtini

Just when you think you've heard it all...there's a new martini in town! The Lobstahtini! And it's this easy!

### Ingredients:

2 ounces' citrus vodka  
3 Tablespoons Bar Harbor® Premium Maine Lobster Juice  
Lemon wheel slice  
Lobster claw garnish (optional, but ooh-la-la, so succulent!)  
Chill martini glass with crushed ice

### Instructions:

Shake all ingredients, empty ice from glass and pour into glass the pure sweet essence of everything Maine! Serves 1

## Super Food Side Dish

### Ingredients:

2 cans of Bar Harbor® Natural Smoked Kippers  
1 teaspoon sea salt  
1/4 teaspoon ground cumin  
1/4 teaspoon ground black pepper  
2 cups quinoa or brown rice  
1/2 cup chopped pistachios  
1/4 cup finely chopped fresh mint  
1/4 cup finely chopped fresh parsley  
Freshly grated lime zest, as needed

### Instructions:

Put 1 and 1/2 cups of water, the salt, cumin and pepper in a small pot and bring to a boil. Cook the quinoa or brown rice according to the package and then transfer to a bowl. Fluff with a fork and then add the pistachios, mint, parsley and lime zest to taste. Top with Bar Harbor® All Natural Smoked Kippers. Serves 4.

## Bar Harbor® Clam Shack Margarita

Not sweet, not salty; rather savory and refreshing, like a summer swim off the coast of Maine.

### Ingredients:

2 ounces of Tequila  
2 ounces of Bar Harbor® Clam Juice  
2 ounces of Lime juice  
One half a teaspoon of Agave Nectar  
Salted rim or not - your preference.

### Instructions:

Shake or blend with ice. Serves 1.

## Bar Harbor® Grilled Lobster and Asparagus Flatbread

### Ingredients:

2 tablespoons good quality olive oil  
2 packages garlic and herb cheese such as Boursin or Alouette  
2 cans (6.5 oz.) Bar Harbor® Maine Lobster Meat, drained, cut into ½-inch pieces  
½ bunch asparagus, roasted in a 375\* oven for 12 minutes, sliced into ½-inch pieces  
2-3 ripe Roma tomatoes, thinly sliced  
Your favorite store-bought pizza dough or favorite homemade recipe  
½ cup chopped fresh herbs such as basil, tarragon, chervil or chives  
Salt and freshly ground pepper to taste

### Instructions:

Preheat grill for high heat. Divide pizza dough in half forming 2 balls. Flatten each into a roundabout ½-inch thick. Brush clean grill grate with olive oil. Carefully place one disk of dough on hot grill. When bottom crust looks brown, turn dough over using two spatulas. Working quickly and carefully, brush olive oil over crust. Top with dollops of garlic and herb cheese, Lobster Meat, asparagus, and plum tomato slices. Close lid, and cook until cheese melts slightly and bottom crust browns. Remove from grill, sprinkle with fresh herbs and set aside. Repeat with remaining ingredients for second pizza. Drizzle with olive oil, season with salt and freshly ground pepper and serve. Serves 4-6.

## Immune Boosting Broth

### Ingredients:

7 cups vegetable, beef stock, or Bar Harbor® Fish or Seafood Stocks  
8 oz. bottle Bar Harbor® Clam Juice  
1 1/2 tablespoons extra-virgin olive oil  
1 whole head garlic, cloves peeled and coarsely chopped  
1 bay leaf  
1/4 teaspoon dried thyme  
Pinch dried sage  
Salt to taste

### Instructions:

To the stock, add clam juice, olive oil, bay leaf, garlic, thyme and sage. Bring to a boil, reduce heat, cover and simmer for 30 minutes. Add salt to taste. Strain and serve.

## Smoked Herring/Sardine Salad (Think Tuna Salad!)

### Ingredients:

(1) 6.7 oz can Bar Harbor® Smoked Kippers, Smoked Herring in Cracked Pepper or Smoked Sardine Fillets  
1/4 cup Chopped Celery  
1/8 cup Chopped Sweet Onion  
1 - 2 Tbsp Mayonnaise, to desired consistency  
Salt & Pepper to taste

### Instructions:

Drain liquid from canned fish (juice is great healthy addition to your pet's food!) With fork break up fish in bowl. Mix chopped celery and onion and mayo to blend completely with fish. Salt & pepper to taste. Serve or cover and chill before serving. Serve as a sandwich spread, with crackers or on cucumber slices, or in a whole, split tomato. Serves 2.

## Signature "Bar Harbor® Nauti Mary"

Rim Glass in Old Bay Seafood Seasoning or Seasoning Salt

Ingredients:

1 oz. Vodka (your favorite brand)

8 oz. Bar Harbor® Nauti Mary

Dash of your favorite hot sauce (optional)

Pepper to taste

Bar Harbor® Clam Cubes \*

Add 1 Stalk of Celery

Lime Slice

\* "Clam Cube" Tip: Pour 8 oz. bottle(s) of Bar Harbor® Clam Juice into ice tray and freeze. Use Bar Harbor® "Clam Cubes" instead of ice cubes in your cocktail. Not only do you prevent watering down of your delicious drink, but it's a simple way to add that delicious and healthy Bar Harbor® Clam Juice kick!

## Bar Harbor® Lobster Summer Salad by Chef Tony Clark

A fabulous new summer salad idea to wow your guests at your next soiree! Bar Harbor Whole Maine Lobster with fresh mango, avocado, red onion and vinaigrette! Delicious and so easy!

Ingredients:

(1 -2) cans Bar Harbor® Whole Maine Lobster Meat (depends on amount of salad you want to make)

Ripe mangos

Ripe avocados

Vine ripe tomatoes (for a pretty serving idea, hollow out tomatoes and use to serve salad)

Red onion

Vinaigrette, salad dressing or prepared from olive oil and balsamic vinegar

Salt

Ground pepper

Instructions:

Dice mangos, avocados, tomatoes and red onion. Mix all in vinaigrette. Salt & pepper to taste. Serve as desired with crackers, on lettuce, in "tomato bowls." Receive oohs and aahs from all!

## Chilled BBQ Bar Harbor® Clam Appetizer by Chef Tony Clark

Ingredients:

(2) cans Bar Harbor® Whole Gourmet Ocean Clams

(2) seedless cucumbers, sliced

(1) cup BBQ sauce (your favorite), chilled

Fresh cilantro, chopped

Hot sauce (your favorite)

Fresh lime juice

Instructions:

Mix chilled BBQ sauce with dash of hot sauce, fresh, chopped cilantro and juice of limes, to taste - should be a sweet, tangy taste. Drain Whole Gourmet Clams and top Whole Gourmet Clams on Cucumber with BBQ sauce mixture. Enjoy!



## Bar Harbor® Clam Chowda Pizza!

### Ingredients:

- (1) 15 oz. can Bar Harbor® New England Clam Chowder
- (1) 12-inch fresh or prepared thin crust or flatbread pizza dough
- 4-blend shredded pizza cheese or your favorite cheese, grated
- Pre-cooked bacon, crumbled

### Instructions:

Prepare pizza dough, on stone, screen or pan (a bit of olive oil on bottom of crust will make crust brown and crispy). Spread condensed Bar Harbor® Clam Chowder, from can, onto pizza crust, as you would spread sauce; if you have any chowder left over, prepare as soup! It's good like that too! Spread grated/shredded pizza cheese over Bar Harbor® Clam Chowder sprinkle pre-cooked crumbled bacon to desired quantity over cheese. Bake pizza at 475 degrees approximately 12 minutes or until cheese is fully melted and crust is browned. Remove from oven and let set up 5 minutes. Serves 2. Enjoy!

## Linguine with Escarole and Shrimp

### Ingredients:

- 8 ounces whole-wheat linguine
- 4 teaspoons extra-virgin olive oil, divided
- 1 pound peeled and deveined raw shrimp, (16-20 per pound)
- 3/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper, plus more to taste
- 2 tablespoons minced garlic
- 1/2 cup white wine
- 1 pint grape or cherry tomatoes, halved
- 16 cups thinly sliced escarole, (2-3 heads) or chard leaves
- 1/4 cup Bar Harbor® Clam Juice, Bar Harbor® Maine Lobster Juice or water (see Shopping Tip)
- 1 teaspoon cornstarch
- 1 tablespoon lemon juice
- 6 lemon wedges, for garnish

### Instructions:

Bring a large pot of water to a boil. Cook linguine until just tender, 8 to 10 minutes or according to package directions. Meanwhile, heat 3 teaspoons oil in a large skillet over medium heat. Add shrimp, 1/4 teaspoon salt and 1/4 teaspoon pepper and cook until pink and curled, 3 to 4 minutes. Transfer to a plate. Add garlic and the remaining 1 teaspoon oil to the pan and cook, stirring, until fragrant, about 15 seconds. Add wine and cook until reduced by half, 2 to 3 minutes. Stir in tomatoes. Add escarole (or chard) in handfuls, stirring until it wilts before adding more; cook, stirring occasionally, until the greens are tender, 5 to 6 minutes. Whisk clam juice (or water) and cornstarch in a small bowl then add to the pan; simmer until slightly thickened, about 2 minutes. Return the shrimp and any accumulated juices to the pan, add lemon juice, the remaining 1/2 teaspoon salt and pepper and cook until heated through, about 1 minute. Drain the linguine and return it to the pot. Add the sauce; toss to coat. Serve with lemon wedges. Serves 6

\* **Shopping Tip:** Some bottled clam juices are very high in sodium, so salt the recipe accordingly. We like the Bar Harbor® brand (120 mg sodium per 2-ounce serving). Bar Harbor® Maine Lobster Juice will further enhance this recipe with a rich, sweet flavor of Maine Lobster. Look for it in the canned fish aisle or in the seafood department of your supermarket.

## Maine Fish Chowder

### Ingredients:

1 lb. boneless, skinless White Fish Fillets, such as Atlantic Haddock or Alaskan Pollock  
2 15 oz. cans Bar Harbor® Fish Stock  
1 medium sweet Onion, finely chopped  
4 small Potatoes, randomly chopped  
Fresh Ground Cracked Pepper  
Sea Salt  
16 oz. Half & Half  
1/4 stick of butter

### Instructions:

In 6-quart pot add random cut potatoes in ½ to ¾ inch pieces and finely chopped onion. Add fish stock, bring to a boil, then lower heat. Add fish cut into large 3 to 4 inch pieces. Add cracked pepper and sea salt to taste. On low heat, with pot covered, poach fish on top of contents, until potatoes are just tender to a fork test. Add half & half and butter; simmer uncovered on low heat 10 minutes. Serve immediately or for more flavorful chowder, cool, refrigerate overnight and reheat and serve the following day. Serves 4

## Herring Salsa Frittata.

### Ingredients:

1/2 cup baby spinach leaves  
2 eggs (or 4 egg whites)  
1 can Bar Harbor® Smoked Kippers (Herring), well-drained  
1 Tbsp. prepared Salsa

### Instructions:

Mash the drained herring or mackerel well with the salsa. Fold into the beaten eggs with the spinach leaves. Cook on a non-stick pan sprayed with cooking spray, turning as needed until the eggs are set. Don't worry if the omelet breaks up. Or for a more elegant appearance, once the bottom of the frittata has set, pop the frying pan into a hot oven to set the top.

## Southwestern Clam Chowder

### Ingredients:

2 tablespoons vegetable oil  
2 teaspoons minced garlic  
1 cup finely chopped onion  
1 stick celery, finely chopped  
1 jalapeno, finely chopped  
1-1/2 teaspoons cumin  
1-1/4 teaspoons mild chili powder  
1/2 teaspoon kosher salt  
1/4 teaspoon ground black pepper  
1 (10 ounce) block frozen corn  
2 (14.5 ounce) cans diced tomatoes, drained  
2 tablespoons tomato paste  
3 (6.5 ounce) cans Bar Harbor® Chopped Sea Clams  
1 (8 ounce) bottle Bar Harbor® Clam Juice  
1 (15 ounce) can whole potatoes, drained and quartered  
3 tablespoons finely chopped cilantro  
2 tablespoons fresh lime juice

2 scallions, thinly sliced  
Lime Sour Cream Garnish:  
1/2 cup sour cream  
1 tablespoon fresh lime juice  
1/2 teaspoon lime zest

Instructions:

In a large soup pot over medium heat, add vegetable oil. When hot, add garlic, onion, celery, jalapeno, cumin, chili powder, salt and black pepper. Cook and stir until onion begins to soften, about 4 - 5 minutes. Add corn, cook and stir to coat with seasonings. Add tomatoes and bring to a simmer. Add clams, clam juice and potatoes. Bring to a simmer. Cook for 5 minutes. Stir in cilantro and lime juice. Prepare the lime sour cream garnish. In a small bowl, mix together sour cream, lime juice and zest. To serve, divide between bowls. Add a dollop of lime sour cream and a sprinkle of scallions to each bowl. Leftovers can be refrigerated for up to two days or frozen for up to three months.

## Shrimp Risotto

Ingredients:

1 tablespoon olive oil  
1/3 cup finely chopped onion  
1/2 teaspoon minced garlic  
3/4 teaspoon kosher salt  
1/4 teaspoon ground black pepper  
2 (8 ounce) bottles Bar Harbor® Maine Lobster Juice  
1 cup water  
2 tablespoons dry white wine  
1 cup arborio rice  
1 pound large raw shrimp, peeled, deveined, tails removed  
1/4 cup thinly sliced chives, divided  
3 tablespoons heavy cream  
1 Tablespoon butter  
1/4 cup grated parmesan cheese

Instructions:

In a large sauce pan, heat the oil over medium heat. When hot add onion, garlic, salt and black pepper. Cook and stir until onion begins to soften, about 3 minutes. Add lobster juice, water and wine. Bring to a simmer. Add rice. Stir and return to a simmer. Cook rice, stirring constantly, until the rice is just cooked (al dente), about 15 - 18 minutes. Most of the liquid will be absorbed. Stir in the shrimp. Cook and stir until cooked through, about 3-4 minutes. Stir in 1 tablespoon of chives, cream and butter. Stir well until combined. Turn off heat, stir in the parmesan. To serve, divide between 4 shallow bowls. Garnish with remained chives.

\* **Shopping Tip:** Please note that regular white rice will not deliver the same, creamy recipe. Look for Arborio rice in the Italian section of the grocery store.

## Dilled Salmon Pot Pie

Ingredients:

1 tablespoon butter  
1 leek (white & light green parts only), washed well and thinly sliced  
1 pound skinless salmon filet, cut into 1 inch pieces  
1/4 teaspoon kosher salt  
1/4 teaspoon ground black pepper  
1-1/4 teaspoons dried dill  
1/4 teaspoon dried thyme  
1 (15 ounce) can Bar Harbor® Salmon Chowder  
3 tablespoons heavy cream

3 tablespoons Bar Harbor® Clam Juice  
2/3 cup frozen peas  
1 readymade refrigerated pie crust  
Optional Egg Wash:  
1 egg, beaten  
1 Tablespoon heavy cream

**Instructions:**

Preheat oven to 375 degrees F. Line a baking sheet with tin foil. Set aside. In a large skillet over medium heat, melt butter. Add leeks. Cook and stir until softened, about 3 - 4 minutes. Add salmon, salt, black pepper, dill and thyme. Cook and stir until salmon begins to cook, about 2 minutes. Add chowder, cream and clam juice. Stir until combined, turn off heat. Add peas. Stir until combined. Transfer the pot pie filling to a 9-1/2-inch deep dish pie pan. Place the pie pan onto the prepared baking sheet. Carefully place pie crust over the filling. Cut one small slit in the center and crimp the edges. If using the egg wash, mix the egg and milk together. Use a pastry brush to coat the pie crust with the egg wash. Cook's Note: Egg wash simply ensures a beautifully browned, shiny crust. Bake the pie for 35 - 45 minutes. The filling will be bubbling and the crust golden brown. If the edges darken too quickly cover the pie with foil. Let the pie rest for 8 - 10 minutes before cutting and serving.

## **Pasta with Bar Harbor® Clams, Bacon & Tomatoes**

**Ingredients:**

1 pound pasta (linguine, penne or rigatoni)  
8 slices bacon, cut into 1/2-inch pieces (approximately 1/2 pound)  
1 medium onion, finely chopped  
1 tablespoon minced garlic  
1/2 teaspoon kosher salt  
1/4 teaspoon ground black pepper  
1/8 teaspoon crushed red pepper, more to taste  
1 (14.5 ounce) can petite diced tomatoes, drained  
2 tablespoons tomato paste  
1 (10.5 ounce) can of tomato sauce  
1 (6.5 ounce) can Bar Harbor® Chopped Sea Clams  
1/2 cup grated parmesan cheese  
1/4 cup chopped flat-leaf Italian parsley (optional garnish)

**Instructions:**

Bring a large pot of water to a boil over high heat. Add pasta and cook according to package directions. While the pasta is cooking, heat a large skillet over medium-high heat. Add bacon and cook until crisp, about 6-8 minutes. Transfer the cooked bacon to plate, leaving the fat in the skillet. Add onion, garlic, salt, black pepper and crushed red pepper. Cook and stir until onions are softened, about 4 -5 minutes. Add tomatoes, tomato paste, red clam sauce, and chopped clams. Stir well. Simmer for 5 minutes. To serve family style, transfer the drained pasta to a serving bowl and pour the sauce over the top. Add the reserved bacon. Toss to coat the pasta with the sauce. Garnish with cheese and parsley, if using. To serve as individual portions, add the drained pasta back to the pasta pot. Top with the sauce and reserved bacon. Toss well. Divide the pasta between bowls and garnish with cheese and parsley, if using. Any leftovers can be stored in the fridge for up to two days.

## **Lobster & Scallop Pasta with Sundried Tomato Sauce**

**Ingredients:**

1 pound pasta (gemelli, penne, fettuccine)  
2 tablespoons extra-virgin olive oil  
2 teaspoons minced fresh garlic  
2 shallots, finely chopped  
3/4 cup sundried tomatoes, chopped  
3/4 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper  
pinch crushed red pepper  
1/4 cup dry white wine  
1 (8 ounce) bottle Bar Harbor® Lobster Juice

1/4 cup heavy cream  
1/2 pound sea scallops, side muscles removed, cut in half  
2 (6.5 ounce) cans Bar Harbor® Maine Lobster Meat drained  
1/2 cup grated Parmesan Cheese, divided

**Instructions:**

Bring 3 - 4 quarts of water to a boil in a pasta pot. Cook selected pasta according to package instructions, reserve 1/4 cup pasta cooking water. Heat olive oil in a large frying pan over medium heat. Add garlic and shallot, cook until fragrant, about 1 minute. Add sundried tomatoes, salt, black pepper, red pepper, wine and clam juice. Stir and bring to a simmer. Cook for 5 - 8 minutes, until slightly reduced. Add cream, scallops and lobster, cook and stir until scallops are cooked through, about 3 - 4 minutes. Add reserved pasta water. Stir to combine. Add drained pasta back to pasta pot. Pour seafood sauce over the pasta and toss well with tongs. Add 1/4 cup of Parmesan cheese to the pasta and toss well. Divide the pasta between bowls and garnish with remaining cheese. Leftovers can be refrigerated for two days.

## Maine Lobster Rolls / Lobster Salad

**Ingredients:**

2 cans Bar Harbor® Maine Lobster Meat  
1/4 cup chopped celery  
1/2 cup mayonnaise, more if needed  
1/8 cup chopped green onions, white and some of the green parts  
Salt & pepper to taste

**Instructions:**

Combine all ingredients. If the salad is to be served within the hour, add the green onions. If not, add 30 minutes before serving. Cover with plastic wrap and chill for at least 30 minutes before serving!

## Lobster & Clam Bruschetta

**Ingredients:**

1 teaspoon lemon zest  
2 tablespoons fresh lemon juice  
1 tablespoon red wine vinegar  
1/3 cup extra-virgin olive oil  
1 teaspoon Dijon mustard  
1/4 teaspoon ground black pepper  
1/2 teaspoon kosher salt  
pinch crushed red pepper  
1 yellow bell pepper, finely chopped  
1/2 cup finely chopped red onion  
1 cucumber, peeled, seeded and finely chopped  
1/3 cup fresh basil leaves, thinly sliced  
1 (6.5 ounce) can Bar Harbor® Whole Gourmet Ocean Clams, drained  
1 (6.5 ounce) can Bar Harbor® Maine Lobster Meat, drained  
1 french baguette, thinly sliced into 1/2-inch slices

**Instructions:**

In a large bowl, mix together lemon zest, juice, vinegar, olive oil, mustard, black pepper, salt and red pepper. Whisk until smooth. Add bell pepper, onion, cucumber, basil and toss well. Add clams and lobster, gently toss them into the salad. Cover and refrigerate for one hour. To serve family-style, place the bruschetta topping in a pretty bowl and place the bread slices around it. To serve on a tray, place about 1 Tablespoon of topping onto each slice of bread. Repeat until the tray is full. Serves 10.



## Herring & Wine Party

### Ingredients:

Lemon Wedges  
Capers  
Chopped Red Onion  
Chives  
Pimento  
Chopped Green Olives  
Wasabi Mayonnaise  
Caviar  
Chopped Boiled Eggs  
Spicy Relish  
Chili Sauce  
Chopped Banana Peppers  
Sliced Jalapeño Peppers  
Seafood Cocktail Sauce  
Chopped Sautéed Mushrooms

### Instructions:

Arrange the following Bar Harbor Natural Herring with your favorite crackers:

Bar Harbor® Natural Smoked Kippers  
Bar Harbor® Herring with Cracked Pepper  
Bar Harbor® Herring in Stone Ground Mustard

Your guests get to create their own unique appetizers! You get to enjoy your guests and feel good about what you are serving. Herring and Mackerel are two of the healthiest fish, providing all natural sources of Omega-3, calcium, and protein.

## Downeast Clam Dip

### Ingredients:

2 (6.5 ounce) cans Bar Harbor® Chopped Sea Clams  
1 (8 ounce) package cream cheese, softened  
2 tablespoons sour cream  
1 tablespoon bottled horseradish  
1 tablespoon fresh lemon juice  
1 teaspoon Worcestershire sauce  
1 teaspoon Tabasco sauce, more to taste  
1/4 teaspoon ground black pepper  
1/4 teaspoon kosher salt  
1/3 cup finely chopped red bell pepper  
3 scallions, chopped fine

### Instructions:

Drain the clams reserving 2 tablespoons of clam juice. Set aside. Blend the cream cheese in a mixer or by hand until smooth. Add the sour cream, horseradish, lemon juice, Worcestershire, Tabasco, black pepper, salt and reserved clam juice. Mix until well blended. Add the drained clams, red bell pepper and scallions. Mix well. Dip can be made on day ahead of time, covered and refrigerated until needed.

## Clam & Kale Soup

### Ingredients:

1 tablespoon olive oil  
1/2 pound linguica sausage, quartered lengthwise, cut into 1/2-inch pieces  
1-1/2 cups finely chopped onion  
1/2 cup finely chopped celery  
1/2 cup finely chopped carrot  
1 teaspoon minced garlic  
1 teaspoon dried thyme  
1/2 teaspoon ground black pepper  
pinch crushed red pepper  
2-1/2 cups chopped fresh kale (discard stems)  
1 cup water  
2 (8 ounce) Bar Harbor® Clam Juice  
3 (6.5 ounce) cans Bar Harbor® Whole Gourmet Ocean Clams  
2 tablespoons finely chopped fresh cilantro  
1/4 cup finely chopped fresh parsley

### Instructions:

Add oil to a soup pot over medium heat. When hot, add the linguica. Cook and stir until the linguica starts to brown, about 3-4 minutes. Add the onion, celery, carrot, garlic, thyme, black pepper and red pepper. Cook and stir until the vegetables begin to soften, about 5 - 6 minutes. Add the kale, cook and stir to coat with the seasonings. Add the water and clam juice, stir well and cover. Cook for 10 minutes. Add clams, cilantro and parsley. Stir and cook to heat through, about 5 - 6 minutes. To serve, divide soup between 4 bowls. Any leftover soup can be refrigerated for two days or frozen up to 3 months.