

Presented by:

**DOWN
TOWN
ALLIANCE**

DINE AROUND DOWNTOWN

COOKING
AT HOME
EDITION



A Cook-Along Series Hosted by Rocco DiSpirito

LUKE'S LOBSTER

Thursday, August 4, 4:00pm ET

We are excited for you to join Rocco DiSpirito as he chats with Chef Ben Conniff of **Luke's Lobster**. Chef Ben will show participants how to make their signature Lobster Roll, Poppy Seed Slaw and Ben's Maine Blueberry Crisp.

PLEASE DONATE

This event is **FREE** and we encourage you to support
The Barrio Fridge, a food-security charity chosen by Luke's Lobster.



ABOUT LUKE'S LOBSTER

Luke's Lobster (26 S. William Street) – This family-owned Maine seafood business was founded in 2009 by third-generation lobsterman Luke Holden. To feed his craving for authentic, high-quality Maine lobster rolls, Luke opened a tiny shack in NYC and sourced the world's best lobster through Luke's father. With his business partner Ben Conniff and their enterprising team, they soon built 10 additional shacks. More than a decade later Luke's Lobster shacks can be found in 10 states across the nation, as well as in Japan and Singapore. Their seafood products are available at select grocery stores and shipped directly to consumers throughout the continental United States.

ABOUT CHEF BEN

Ben Conniff is Co-founder and Chief Innovation Officer of Luke's Lobster, an international seafood company and restaurant group based in Maine that opened its first New York location in 2009. His business partner Luke Holden came up with the idea for Luke's Lobster while working as an investment banker in Manhattan. Ben led the company to becoming a Certified B Corp in 2018 and credits its success to prioritizing its core values of Taste, Transparency, and Purpose – and its unwavering commitment to supporting its team and stakeholders. Ben authored Luke's cookbook, *Real Maine Food*, and has been published in *Saveur*, *GQ*, *Food52*, *Smithsonian*, *Tasting Table* and *Yankee* magazine.

ENTER TO WIN

POST YOUR PLATE! Participants are encouraged to make the dishes themselves and post a picture of their plates via **Instagram** with **#DineAroundAtHome** and tag **@DowntownNYC** to enter to win a personal 30-minute private virtual cooking class with Chef Ben Conniff. Be sure to tag **@LukesLobster** and **@BenConniff** too! The entry window for posting begins at the end of each Cooking at Home demonstration and is open until the following Monday at 11:59pm ET.

For more details, visit DowntownNY.com/DineAround

[Terms & Conditions may apply.]

This project is part of a continuing effort by the Alliance to support businesses that have been adversely impacted by COVID-19. From educating local business owners about available funding opportunities and convening working groups, to communicating which businesses are currently open and spotlighting essential workers who are making a difference, the Alliance is actively working to help Lower Manhattan's business community. Efforts are continuing through the recovery phase with dedicated marketing programs and initiatives to help restaurants throughout the neighborhood.

About the Alliance for Downtown New York

The mission of the Alliance for Downtown New York is to provide service, advocacy, research and information to advance Lower Manhattan as a global model of a 21st century Central Business District for businesses, residents and visitors. The Downtown Alliance manages the Downtown-Lower Manhattan Business Improvement District (BID), serving an area roughly from City Hall to the Battery, from the East River to West Street. For more information, visit DowntownNY.com or follow us on Facebook, Instagram and Twitter @DowntownNYC.



Luke's Lobster's Signature Lobster Roll, Poppy Seed Slaw and Maine Blueberry Crisp

Lobster Roll

SERVES: 4

INGREDIENTS:

- 1 lb cooked **Luke's Lobster meat**
- 4 New England-style split-top hot dog buns
- 2 Tbsps salted butter
- 2 tsps mayonnaise
- ½ tsp fresh lemon juice
- 4 pinches **Luke's Seasoning** or salt and pepper



METHOD:

In a small saucepan, over low heat melt the butter. Remove from the heat and brush half a teaspoon of melted butter onto the outer sides of your buns, save the rest of the butter for use later, and keep warm.

Heat a large saute pan over medium-low heat for 1 minute, then toast the buns on both sides until golden brown, about 1 to 2 minutes per side. Remove the buns from the pan and place on a plate.

Spread ½ tsp of mayonnaise on the inside of each bun. Fill each bun with a quarter pound of the chunks of lobster meat.

Add the lemon juice to the warm melted butter, and drizzle the mixture evenly over the lobster in each roll.

Sprinkle one pinch of Luke's Seasoning evenly on top of the lobster and serve immediately. Enjoy with potato chips and the poppy seed slaw.



Poppy Seed Slaw

SERVES: 6-8For the Dressing *(makes enough for 3 recipes)***INGREDIENTS:**

- ¼ cup Dijon mustard
- ¼ cup apple cider vinegar
- ¼ cup vegetable oil
- 1 Tbsp granulated sugar
- 1 tsp poppy seeds
- Salt and pepper to taste

METHOD:

In a medium-sized bowl combine the mustard, vinegar and sugar. Slowly add in the oil whisking until the mixture is well mixed and smooth. Add in the poppy seeds and season to taste. Set aside ¼ cup of the dressing for your slaw and save the rest for other salads.

For the Slaw

INGREDIENTS:

- ½ cup coarsely shredded carrot
- 2 cups coarsely shredded red cabbage
- 2 cups coarsely shredded green cabbage

METHOD:

In a large bowl combine the cabbage and carrots. Mix in the reserved dressing and chill until ready to serve.

Maine Blueberry Crisp

SERVES: 8**INGREDIENTS:**

- 8 cups Maine blueberries (cleaned)
- 1¼ cups granulated sugar
- 1½ tsps grated orange zest
- 1 Tbsp cornstarch
- ½ cup freshly squeezed orange juice (2 large oranges)
- 1 cup all-purpose flour (or gluten-free flour mix)
- ½ cup light brown sugar, lightly packed
- ½ tsp kosher salt
- 1 cup quick-cooking (not instant) oatmeal
- 12 Tbsps (1½ sticks) cold unsalted butter, diced
- Vanilla ice cream, for serving

METHOD:

Preheat the oven to 350°F. In a large bowl gently toss the blueberries with ¾ cup granulated sugar (if not using Maine blueberries, use only ½ cup sugar) and the orange zest. In a measuring cup, whisk the cornstarch into the orange juice until completely smooth. Pour this mixture into the blueberry mix and gently combine. Pour this mixture into an 8" × 11" baking dish and place it on a sheet pan lined with parchment paper. Set aside until ready to bake. In the bowl of a standing electric mixer fitted with the paddle attachment, combine the flour, the remaining ½ cup granulated sugar, the brown sugar, salt and oatmeal. With the mixer on low speed, add the chilled butter chunks and mix until the dry ingredients are moist and the mixture is crumbly. You may also use a pastry cutter or two forks to make the crisp topping. Sprinkle the topping over the fruit, covering it completely. Bake for 1 hour, until the fruit is bubbling and the topping is golden brown. Serve warm with ice cream.