



SANDWICH SHOP

Choose from a selection of Breads, Meats, Veggies, Cheeses and Condiments!

Now Available!
•Flavored Hot Chocolate
 Assorted Flavors
•New! Frozen Snowman Drink!
•Breakfast Sandwiches
 Bacon, Sausage, Ham on your choice of a Biscuit, English Muffin or Bagel.



NEW at the Blue Lobster Café

- Meatball Sandwich
- Steak & Cheese Sandwich
- Chicken Parmesan

•Hot Soup & Chowders

Build Your Own Sandwich **\$6.99**
 Extra Meat (1/4 Lb.) \$2.00

Build Your Own Combo **\$7.99**

Make it a Combo for only \$1 more!



Cool Item

Deep Chocolate VitaTops

This pack contains 4 - All Natural 2 oz. Deep Chocolate Vita Tops with real cocoa, chocolate chips & organic sugar. Each muffin top contains 100 calories, 1.5g fat, 6g fiber & 3g protein.

Vitalicious is the market leader of innovative "vital and delicious" baked goods that promote a healthy lifestyle, without sacrificing taste. First to market with 100-calorie servings, Vitalicious is leading the way to a holistic approach to maximize satisfaction with minimum calories, with products that are low fat and high in fiber and nutrients. The above information is from www.vitalicious.com. Aisle 17



BBQ Ribs

Ingredients

- * 2 racks of ribs
- * salt and freshly ground pepper, to taste
- * 1 bottle honey bbq sauce
- * water
- * 1/8 cup olive oil
- * aluminum foil
- * grill

Directions

Start off by placing ribs in a glass casserole dish, rub with oil and then with salt and pepper. Now flatten ribs as much as possible and add water just to barely cover them. Ribs racks may be cut in half if needed).

Simmer in oven for 1 to 1 1/2 hours or just until tender; (don't try to cook them too fast or they will become tough).

When ribs are finished in the oven, drain them, start grill on medium and allow to heat.

Cover with foil and brush (or pour) on just a small amount of oil to keep ribs from sticking/burning. Brush on first layer of bbq sauce after draining.

Once grill is heated, place ribs on grill. Cook covered for 5-10 minutes, then brush on bbq sauce. Grill another 5-10 minutes, keep adding bbq sauce until there is a thick layer of bbq sauce.

If ribs become somewhat dark, that's ok; the bbq sauce tastes better cooked than raw. When bbq sauce is all gone, the ribs are almost done.

Grill 5 more minutes to finish cooking bbq sauce, then serve.



Clam Boil Dinner

Ingredients

- * 4 fresh ears corn, shucked
- * 1 pound smoked sausage, cut into 4 pieces
- * 12 small new potatoes, cut in half
- * 8 small onions, peeled, and cut in half
- * 4 (1 3/4-pound) lobsters
- * 24 little neck clams, scrubbed
- * 1 cup unsalted butter, melted
- * 2 lemons, cut into wedges

Directions

Arrange corn, sausage, potatoes, and onions in a steamer basket over boiling water in large Dutch oven. Top with lobsters and clams. Cover and steam 20 minutes. Serve with butter and lemon. Yield: 4 servings



Kale Soup

Ingredients

- * 1 package frozen or 1-2 lbs fresh kale
- * 1 large yellow onion
- * 3 potatoes, peeled
- * 2 chorizo or linguica, sliced
- * 8 cups chicken or pork broth
- * 1/4 cup Olive Oil
- * 6 cloves garlic, peeled and crushed
- * 1 can Cannellini beans
- * 1 bay leaf
- * 1/4 teaspoon garlic powder
- * 1 hot pepper, seeded
- * 1/3 teaspoon paprika
- * Season with salt, & pepper to taste

Directions

Slice chorizo or linguica and saute in 1/4 cup of olive oil, onion, and chopped garlic. Do not allow garlic to brown, so add last. Sausage does not need to cook. Add liquid and simmer for 10 minutes.

Prepare the kale by rinsing thoroughly and tearing the leafy portions from the stems. Tear into bite-size pieces. Discard stems.

If you do not have broth on hand, use 4 tablespoons of Minor's or Tone's chicken base or 2 tablespoons of Knorr's bouillon granules.

See information below about making broth from scratch for those days when you have the time.

Add potatoes, kale, and simmer additional 30 minutes.

Calamari

Ingredients

- * 1 1/2 lb. calamari
- * 4 tbsp. flour
- * 4 tbsp. butter
- * 1/2 c. white wine
- * 1/2 c. water
- * 2 cloves garlic, pressed
- * 2 tsp. thyme
- * 2 tsp. parsley
- * Pepper to taste

Directions

Clean calamari by removing tentacles and removing inksack and membrane. Slice body sack into circles and cut up tentacles. Melt butter in large frying pan and brown garlic in butter. Add flour and mix thoroughly. Add wine and water to make sauce. Add spices. Add calamari and cook until it turns opaque white. Grind fresh pepper into sauce. Serve over hot noodles. Sprinkle Parmesan cheese.



Winter Ski Partners 2009-2010

Look for some great raffles and prize giveaways from the following:

- Wachusett Mountain
- Sunday River
- Sugar Loaf
- Cranmore Mountain
- King Pine
- Crotched Mountain
- Mad River Glen
- Pats Peak
- Black Mountain
- Cannon Mountain

See our Service desk for Details!



March 12 thru March 25, 2010