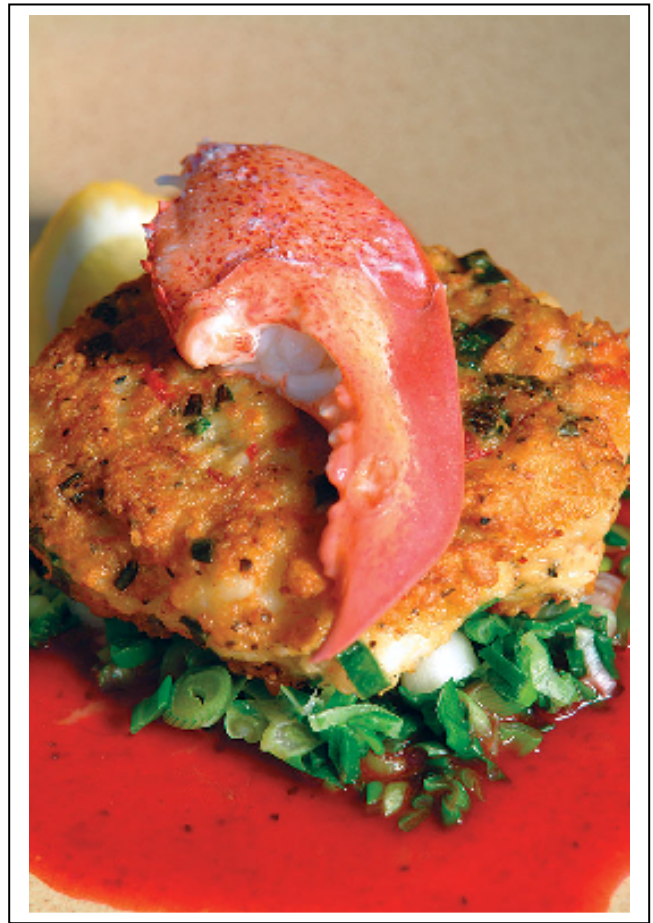


From the cookbook "Man Can Cook"  
By Robert Sturm

Lobster Cakes  
Serves 4 cakes

#### Ingredients

2 TB. Butter  
½ Cup Sweet Onion, fine diced  
½ tsp. Garlic, minced  
¼ Cup Red Bell Pepper, fine diced  
¼ Cup Green Bell Pepper, fine diced  
1 lb. lobster tail meat, raw, diced  
1 egg, beaten  
1 TB Mayonnaise, Best Foods  
1/8 Cup Parsley, chopped  
Salt and Pepper  
2/3 cup breadcrumbs  
Vegetable oil ( for frying)



#### Directions

Sauté onion and garlic till tender. Add in the bell peppers and sauté another 2 minutes.

Add in the lobster meat and cook 1 minute or until heated through; set aside to cool. Transfer lobster mixture to a large mixing bowl. Add in eggs, mayonnaise, parsley, and salt and pepper to taste; stir to mix well. Add 1 cup of breadcrumbs to lobster mixture; toss to mix. Add more breadcrumbs if needed so that mixture barely holds its shape.

Take ¼ cup lobster mixture and shape cakes by hand.

Pour oil into a large nonstick skillet to ¼" depth; heat over medium heat.

When very hot, add lobster cakes. Cook for about 3 minutes per side (for a 1-inch thick cake) or until golden brown on both sides.