

# Seasonings

## Lobster Spice

*This mixture can be used on just about any roasted fish, but it seems to lend itself particularly to lobster.*

### INGREDIENTS

- 1 tablespoon Mustard Seed.....
- 1 tablespoon Coriander Seed.....
- 1 tablespoon Fennel Seed.....
- 6 Bay Leafs, crumbled.....
- ½ teaspoon Cayenne Pepper.....

### PREPARATION (Make in Advance)

- Toast the Mustard, Coriander, and Fennel Seeds over medium-low heat in a small skillet until fragrant. Transfer the toasted spices to a grinder or mortar.
- Add the Bay Leaf and Cayenne and grind.
- Store the spice mix in an airtight container until ready to use.