

Courtesy of The Hampton Social

MAINS The Hampton Social

New England-style lobster roll from The Hampton Social

By Sarra Sedghi · Rough Draft Atlanta, 8/25/2026

Ingredients

- [ ] 1 lbs chilled lobster meat, chopped into 1/2-inch pieces
- [ ] 1/3 cup mayonnaise
- [ ] 1/4 cup celery, finely diced
- [ ] 1 Tbsp fresh chives, finely chopped
- [ ] 1/4 tsp kosher salt
- [ ] 1/8 tsp freshly ground black pepper
- [ ] 4 New England-style, split-top hot dog buns
- [ ] 3 Tbsp unsalted butter, softened
- [ ] 4 butter lettuce leaves

Directions

1. **Make the lobster salad:** Gently combine lobster meat, celery, chives, lemon juice, salt, and pepper in a medium bowl. Fold ingredients together lightly with a spatula. (You want the lobster chunks to stay intact, not get mashed into the dressing.)
2. Cover and refrigerate lobster salad for at least 20 minutes.
3. **Prep the buns:** Generously spread softened butter on both outer sides of each bun.
4. Heat a skillet over medium. Place the buttered buns flat-side down and toast until golden and crisp, about 2 minutes per side.
5. **Assemble:** Remove lobster salad from refrigerator. Line each toasted bun with a leaf of butter lettuce, then fill generously with chilled lobster salad, mounding it slightly over the top.
6. Serve immediately while the bun is warm and lobster salad is cold.

> Note: For a Connecticut-style lobster roll (aka Manhattan-style), forgo the lobster salad and toss the warm lobster meat in melted butter with a pinch of salt.

The story

This week, we're sharing a New England-style lobster roll recipe from The Hampton Social in Dunwoody.

But don't fret if you've never cooked lobster at home before because this recipe uses pre-cooked lobster meat, which you can obtain from your local fishmonger.

While the lobster roll's history is debated, the sandwich was most likely created in the 19th century by a lobsterman looking to use up leftover meat and bread.

The first recipe resembling a cold lobster roll appeared in Lydia Maria Child's "The American Frugal Housewife" cookbook in 1829. According to Food Republic, Perry's Restaurant in Milford, CT, is credited with being the first to serve lobster rolls in warm, buttered buns, starting in the late 1920s.

New England tourism and seafood shacks helped the sandwich gain further popularity later in the 20th century, with Manhattan's Pearl Oyster Bar bringing the lobster roll back to the culinary forefront in the 1990s.

When making lobster rolls at home, opt for a brioche bun for optimal buttery flavor. Pepperidge Farm's brioche buns are available in most supermarkets. And if you have any leftover lobster salad, it will keep in the fridge for up to two days.

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