

THE DEUTCHES BRING A BIT OF MAINE TO REDWOOD CITY

By Valerie Harris
Special to The Spectrum

Old Port Lobster Shack
851 Veterans Blvd. (at Jefferson Avenue), Redwood City
(650) 366-2400
www.oplobster.com

Hours:
Monday-Saturday 11:30 a.m.–2:30 p.m. and 5 p.m.–Close
Sunday 12 p.m.–Close



Few meals equal the joy of eating fresh, succulent lobster! At Old Port Lobster Shack at 851 Veterans Blvd. (at Jefferson Avenue), next to Supercuts in the strip mall, you will find a genuinely authentic New England lobster shack. Apparently word-of-mouth and a few superb reviews by the San Francisco Chronicle have caused a burgeoning business with clientele delighted to spend \$17.50 for the divine lobster roll sandwich. Lines quickly form out the door, and people cannot wait to satiate their lobster fix with a basket of cheese fries and lobster rolls.

Old Port Lobster Shack's lobster roll is a heavily fresh-lobster-laden salad on a deliciously toasted roll specially made for the restaurant. The sandwiches come with mayo but may be ordered "naked," with drawn butter and lemon wedges on the side. For anyone watching their fat intake or on a weight-loss diet, the USDA states that "lobster is one of the healthiest and leanest proteins available; it is a good source of protein and omega-3 fatty acids, which are proven to reduce hardening of the arteries and risk of heart disease; and it contains less cholesterol, calories, and saturated fats than lean beef, pork, shrimp or even the light meat of chicken. In addition, lobster provides an abundance of copper, which may help overweight or obese women retain calcium in their bones while they're dieting."

Historically, dining on lobster is a relatively recent phenomenon. According to

Wikipedia.org: "Prior to the 20th century eating lobster was considered a mark of poverty in the United States. In some parts of the Maritime provinces of Canada, lobster was used as a fertilizer for farmers' fields, and a great deal of lobster was fed to slaves or the lower members of society.



LYNN AND RUSSELL DEUTSCH

Outside of the rural outports lobster was sold canned, losing much of its flavour, which can be disguised if the lobster is dipped in drawn butter.

"The reputation of lobster changed with the development of the modern transportation industry that allowed live lobsters to be shipped from the outports to large urban centres. Fresh lobster quickly became a luxury food and a tourist attraction for the Maritimes and Maine and an export to Europe and Japan where it is especially expensive."

The origins of the Old Port Lobster Shack actually arose serendipitously through a fated meeting resulting from a bumped plane ride. Paul Blatt, a friend and business associate of Old Port Lobster Shack's owner, Russell Deutch, was en route from Boston to San Francisco when he was bumped from a flight. Blatt was rerouted through Washington, D.C., and sat next to Lynn Brown, who was in D.C. on business. Brown was in charge of regulatory affairs for Guidant, a Santa Clara manufacturer of heart stents, and had been meeting with the Food and Drug Administration. Blatt and Brown hit it off and had a wonderful flight, exchanging phone numbers at the end. That night, when Blatt got home, he called Deutch and told him, "I just met your future wife."

Deutsch grew up in the Boston area and was in the lobster exporting business, primarily to Switzerland. Brown was born and raised in the Bay Area. Deutsch called Brown, and the chemistry was there to keep the calls coming. Brown decided to meet Deutsch in person, so she flew to Boston to visit her sister, Joanne. Thirteen weeks later, at a surprise birthday party for Brown, Deutsch gave her the ultimate birthday gift: a proposal of marriage. Delightfully, she accepted! It was the first marriage for both. Russell and Lynn Deutch currently reside in Redwood City with their two young boys, Isaac and Aaron.

When Deutsch relocated from the Boston area to the Bay Area, he came with thoughts of opening up a New England-style lobster shack. Lynn had transferred to Abbott Laboratories in Redwood City, so Redwood City seemed to be the perfect location for their business. Deutsch found an empty restaurant business, and

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RUSSELL WITH FRIEND

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in January 2006, the Old Port Lobster Shack opened its doors for business. Business is so good that he is already considering a second location to keep up with the demand.

Besides lobster, the Old Port Lobster Shack provides an assortment of other wonderfully fresh seafood, such as shrimp, clams and oysters on the half shell. Bacon and sour cream cheesy fries, cole slaw, clam chowder and lobster bisque also round out the menu. But here, lobster is king.

To really enjoy lobster at its peak, it must be eaten fresh. Freezing the lobster toughens the meat. Old Port Lobster Shack flies in fresh lobsters several times a week. Be prepared to eat the freshest lobster on the West Coast!



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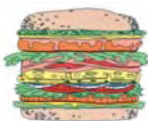
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