

**FOR IMMEDIATE RELEASE**

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**LONGTIME WESTPORT, CT CHEF TOR SPORRÉ FEATURED  
IN PORTLAND BASED PUBLICATION  
*ADVENTURES FOR THE AVERAGE WOMAN***

(Portland, ME – 1/20/10): The Winter 2010 issue of Portland based *Adventures for the Average Woman* seen via: <http://magcloud.com/browse/Issue/54007> features Chef Tor Sporré with some of his special lobster recipes developed and demonstrated on CT and LA television food shows. His most recent show, “Lobster! Breakfast, Lunch and Dinner!” shows how to serve three dishes from one lobster. From the claws, a salad with horseradish, vodka and mayonnaise sauce. From the sweetbreads and caviar (tomalley and coral, or eggs), a garnish for omelet and scrambled eggs. And, from the tail he makes lobster umido, sautéed with white wine, herbs, sundried tomato and leeks, served over soba noodles. Lobster cooking and wine tasting seminars teaching these techniques were given last spring in Connecticut and are planned for the spring in Portland.

Chef Tor, in collaboration with Portland based [Wasted Minds Entertainment](#), is in pre-production planning of the first of three broadcast shows he has written for the State of Maine: “The Maine Experience: The Zen of Cooking Lobster at Home.” Sporré is a frequent culinary contributor to a myriad of local and national media.

**Chef Tor will return to Portland, ME for appearances on local TV and Radio stations in late January including an appearance on the Univ. of Southern Maine's radio station, WMPG 104.1 FM on Sun., Jan. 24th from 10:30 AM to Noon on the "Isaac and the Locals" show. Meetings with those concerned with promoting Maine, its tourism, natural resources and potential sponsors are also planned.**

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*Anyhow, anyway, we'll get the word out for you!*

## **BACKGROUND INFO. ON “THE ZEN OF COOKING LOBSTER AT HOME”**

“The Zen of Cooking Lobster at Home” is for both the novice and experienced chef. Using his holistic cuisine orientation, Chef Sporré will introduce cooking techniques that reflect his love for the outdoors. Viewers will follow the chef on his informative journey from the lobster boat to the kitchen in a quest to prepare perfect Maine lobster dishes.

According to the Lobster from Maine Promotion Board, more than 80% of lobster is consumed in restaurants. Chef Sporré, also featured on the board’s website, <http://www.lobsterfrommaine.com/newsdetails.aspx?contentidnr=22>, seeks to modify this trend by bringing lobster home in delicious and easy lobster recipes. “The Zen of Cooking Lobster at Home” begins on the lobster boat itself with local Maine fisherman emptying their traps of the day’s catch.

Using fresh lobster, Chef Sporré will introduce his holistically inspired dishes, giving step-by-step and easy to follow directions, demonstrating his variety of dishes inspired by eastern and western cuisines. Wines will be introduced and paired with these succulent lobster dishes which are not only delicious but also a healthy enhancer of the immune system.

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## **BACKGROUND ON CHEF TOR SPORRÉ:**

Tor Sporré of New England and Swedish descent, entered the performing field while in college at 19. At 22, he moved to Europe where he worked in Paris and Amsterdam as a model and in films and commercials. He also directed “The Whole” Youth Center for the American School in Scheveningen, (The Hague), NL, learned the Dutch language, Northern European and Indonesian cooking, and started a family.

After 10 years and homesick for New England, lobster and related seafood and a more laid back lifestyle and long hot summers, Tor returned to the states. He resumed his modeling and TV career, started the Outdoors Inn of Westport, CT and began working as a private chef.

His cuisine, developed for his active life as a performer and athlete, is focused on fitness and performance foods of MediterAsian and Northern European origin. Deep, cold water ocean fish and shellfish, natural meats, whole grains, legumes and produce from local farms constitute the essentials of his cuisine.

Co-chairman of the Westport Community Garden Project from 1997-2005, Tor worked with 3 administrations to re-establish the former gardens, now on Hyde Lane. In August of 2008, he started the “Ask the Chef” program at the Sunday Farmers’ Markets in Westport and last October in Los Angeles. There he makes himself available supporting local sustainable agriculture and inspires home cooks to try new ways with seasonal produce using his weekly recipes.

Tor Sporré - Chef/Writer/Host (SAG/AFTRA)

TV Journalist: Food and Vine Country©

Chef Tor Sporré's Zen of Lobster Cookery! Breakfast, Lunch & Dinner!©

Fitness and Performance Cuisine©

? Wine With That?©

Garlic and Parsley Are Vegetables: A Book for My Childrens' Children©

<http://www.lobsterfrommaine.com/newsdetails.aspx?contentidnr=22>

[http://www.westportnow.com/index.php/?v2/comments/ask\\_the\\_chef/](http://www.westportnow.com/index.php/?v2/comments/ask_the_chef/)