

This month's interview is with Subhash Gurung, the Executive Shushi Chef at The Lobster Place. The restaurant and also market which focuses on seafood, is located inside the Chelsea Market (NYC) and is undoubtedly a very good stop while traveling in New York.

### **A little history of The Lobster Place**

In 1974, Rod and Joan MacGregor founded The Lobster Place in a small shop in Manhattan, one of the five boroughs that set up New York City. At that time, the lobster alive was mainly tasted by tourists. Together, the couple built a successful business selling crustaceans to restaurants and shoppers around neighborhood.

The business expanded and over the 43 years of existence, working in a way that delight the customers, The Lobster Place formed a loyal clientele and today is a reference in the seafood business.

Settled on the same spot since it opened, now commanded by the couple's son, Ian MacGregor, The Lobster Place has three environments: Lobster Place Seafood (a kind of wholesale grocery market), Lobster Place Seafood Market (another kind of market but for retail sales), and the Restaurant Cull&Pistol Oyster bar (the restaurant) which serves delicious sushis and other kind of dishes. Today, Lobster Place, Inc. employs more than 200 people.

The Cozinha FIT&FAT was on site and interviewed the current Executive Sushi Chef of the Lobster Place. Check out the interview!

**Cozinha FIT&FAT: How long have you worked here as a Chef?**

Subhash Gurung: Since 2005 and this means almost 12 years.

**Cozinha FIT&FAT: What is the main dish of this restaurant?**

Subhash Gurung: Our traditional and special dishes are made with lobster, but the dishes with sushis are the most requested here.

**Cozinha FIT&FAT: Do you know how many dishes are served per day here?**

Subhash Gurung: Yes, of course. We produce something around 400 or 500 dishes per day.

**Cozinha FIT&FAT: We know that the concepts of food change every day, every year .. I mean healthy and unhealthy food. The Lobster Place suffered changes during these years?**

Subhash Gurung: We did, but not many. The "Raw Bar" had some changes. But the Shushi bar, for example, continues to produce the same dishes and the same way they are produced in Japan. Sushi is actually called "Edomae-zushi".

**Cozinha FIT&FAT: Could you tell us what your restaurant provide to the customers?**

Subhash Gurung: We offer great food and excellent sushi. We also provide education about the typical foods we serve here, like "what is sushi?" Or "How to consume?". We share concepts about Japan's seafood and culture.

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