

# LOBSTER MACARONI & CHEESE #1

F MEDIUM

Last Modified: 01/13/2016

PREP: 20 Min  
COOK: 30 Min  
STOVETOP & BROILER

PASTA

**MAKES 6 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Dried Pasta (Any Shape U Like)	Cooked
6	Chix	Live Lobsters (Cold Water)	
OR			
3	Frozen	Lobster Tails (Cold Water)	Thawed
AND			
12	Small	Whole Lobster Claws	Cooked
9	Tbsp	Unsalted Butter	Divided
1	Clove	Garlic	Minced
1	Tbsp	Fresh Italian Parsley Leaves	Fine Chop
PLUS			
1	Tbsp	Fresh Italian Parsley Leaves (Garnish)	Fine Chop
1 1/2	Cups	Ritz Crackers (About 1 Sleeve)	Fine Crush
1/4	Cup	All Purpose Flour	
1	Cup	Whole Milk	
2	Cups	Heavy Cream	
1 1/4	Cups	Sharp White Cheddar Cheese	Shredded
1 1/4	Cups	Gruyere Cheese (NOT Smoked)	Shredded
1	Cup	Fontina Cheese	Shredded
4	Oz	Brie (White Rind Removed)	Chopped
1/4	Cup	Cognac (Courvoisier VS)	
PLUS			
1	Shot	Cognac (Courvoisier VS)	
1/4	Tsp	Ground Mustard	
1/4	Tsp	Cayenne Pepper	
2	Tbsp	Lobster Base (Superior Touch)	
1/4	Tsp	Kosher Salt	
1/2	Tsp	Ground White Pepper	

## PREPARATION

<b>FACTOID</b>	An EXCELLENT first course for your dinner party! While indeed a tad expensive, it is well worth the trip.
<b>CAUTION</b>	This does require a "search" on your part. You will have to shop for a pasta shape you think looks "classy". But, you can use anything from a simple cut macaroni to a complex Cordelle (See Pictures).
<b>OPTION</b>	This calls for 6 of the smallest live Lobsters you can find. The reason is presentation: You want to top each serving with 2 nice whole bright red shelled Lobster Claws. But; you can use any combination of frozen Lobster Tails or Claw Meat you wish.
<b>HINTS</b>	Attempt as closely as possible to get EVERYTHING cooked and hot at the same time before assembling and broiling.

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<b>TOOLS</b>	<ul style="list-style-type: none"> <li>1) Large Mixing Bowl</li> <li>2) 6 - Individual Serving Sized Ramekins</li> <li>3) Large Stock Pot With Strainer &amp; Lid</li> <li>4) Small Saucepan &amp; Lid</li> <li>5) Large Saucepan &amp; Lid</li> <li>6) Medium Non-Stick Skillet</li> <li>7) Aluminum Sheet Pan</li> <li>8) Box Grater</li> <li>9) Small Spray Bottle</li> </ul>
<b>PREP</b>	<ul style="list-style-type: none"> <li>1): Add the Shot (2 oz) of Cognac in the Spray bottle and set it aside.</li> <li>2): Shred The Cheddar and Gruyere, mix well and set them aside.</li> <li>3) Peel &amp; Chop the FRESH Brie Cheese and set it aside.</li> <li>4) Using a Micro-Plane, Mince the Garlic Clove and set it aside.</li> <li>5) Place the Ritz Crackers in a plastic bag, finely crush them and set them aside.</li> <li>6) In a small mixing bowl, mix the Mustard, Cayenne, Salt and Pepper and set it aside.</li> </ul>
<b>1</b>	Cook the Dried Pasta of choice according to package instructions. Make certain that the Pasta is fully done so it will not absorb any additional moisture during broiling.
<b>2</b>	In a small saucepan over medium heat, melt 3 tablespoons of Butter until the foaming stops (the water has evaporated). Add in the Minced Garlic and saute it for 30 seconds. If NOT using live Lobsters, Coarsely chop the thawed raw Tail Meat and saute it until slightly undercooked, for 3 to 5 minutes. cover, remove from the heat and set it aside. It will finish cooking by itself.
<b>3</b>	Steam the live Lobsters according to RECIPE: Poached (Boiled) Whole Lobster. Remove, chop and reserve the Tail Meat. Remove the Claw Meat (as whole as is possible). Use a rolling pin to extract the meat from the Legs (it will squeeze out in a long string). Reserve the Leg Strings for the topping.
<b>4</b>	In a medium non-stick skillet over medium heat, melt 2 tablespoons of Butter until the foaming stops. Stir in the Crushed Ritz Crackers until all are coated with Butter and toast them until lightly browned, about 4 minutes. Stir them often to keep them from burning. Remove them from the heat and set them aside.
<b>5</b>	In a large saucepan over medium heat, melt the remaining 4 tablespoons of Butter until the foaming stops. Whisk in the Flour (NO lumps). Reduce the heat to medium low and let it cook and bubble for 3 minutes in order to get rid of the Flour taste. Stir often.
<b>6</b>	Raise the heat to medium high and gradually whisk in the Cognac. Remove it from the heat and light it on fire using a long handled lighter if you happen to have an audience. Return the saucepan to the heat and gradually whisk in the Milk and heat it for 3 minutes. Gradually whisk in the Heavy Cream and bring the mixture to a boil while whisking to prevent burning. This Sauce should now be thick enough to heavily coat the back of a tablespoon (See Picture). If too thick, stir in a bit of Pasta cooking water.
<b>7</b>	Remove the Sauce from the heat and stir in the Lobster Base, Mustard, Cayenne, Salt and Pepper. Gradually stir in the grated Cheeses until fully melted. Stir in the Brie Chunks until melted. Stir in the cooked Lobster Meat and the Drained Pasta.
<b>8</b>	Turn the broiler on high and place a rack 6 inches from the element. Evenly distribute the Pasta and Lobster Mixture in each of the serving ramekins. Arrange 2 shelled Lobster Claws on top of each ramekin and sprinkle the top with toasted Cracker Crumbs. Place the ramekins on an aluminum sheet pan and broil until the crumbs turn a golden brown.
<b>SERVE</b>	Arrange the Leg strings on top of each ramekin. Lightly (or heavily, if you like) spritz the top of each Broiled serving ramekin with Cognac. Allow it to sit for 5 minutes.