

LOBSTER MACARONI & CHEESE #2

F HARD

Last Modified: 06/13/2016

PREP: 1 Hr
COOK: 10 Min
STOVETOP

PASTA

MAKES 6 SERVINGS (First Course)

QUA	MEASURE	INGREDIENT	PROCESS
1 3/4 ~ 2	Pound	Live Lobster	
OR			
2	Whole	Live Chix Lobsters	
2	Tbsp	Olive Oil	Divided
12	Raw	Large Shrimp (31 / 35 Count)	Shells On
1	Cup	Yellow Onion	Chopped
3/4	Cup	Carrots (Peeled)	Chopped
3/4	Cup	Celery	Chopped
2	Cloves	Garlic	Crushed
1	Whole	Turkish Bay Leaf	
1	Tbsp	Tomato Paste (Contadina)	
1/4	Cup	Cognac (Courvoisier VS)	
OR			
1/4	Cup	Brandy (E&J VSOP Reserve)	
3	Cups	Water	
4	Tbsp	Unsalted Butter	Divided
2	Tbsp	All Purpose Flour	
1	Cup	Whipping Cream	
1 1/2	Cups	Fontina Cheese	Grated
8	Oz	Gimelli Or Other Fancy Dried Pasta	Cooked
6	Oz	Fresh Lump Crab Meat (NOT Claw)	
2	Tbsp	Chives (NOT Chinese Garlic)	Chopped
12	3" Long	Fresh Chive Tips	

PREPARATION

FACTOID	This is indeed a tad INVOLVED - But - oooohhhh Baby! It will totally blow your guests away!
TOOLS	1) Large Stockpot & Lid 2) Large Cast Iron Skillet & Lid OR HEAVY Stainless Steel Skillet & Lid 3) Large Fine Wire Strainer 4) Medium Mixing Bowl 5) Medium Saucepan & Lid
HINTS	As usual, we prefer FRESH Seafoods here - However, reality makes us choose some frozen, but we ALWAYS want the Lobster(s) to be alive.
OPTION	You can make most of this dish the day before. Bring all cold ingredients to room temperature after refrigerating overnight.

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FACTOID	The classic Turkish Bay (<i>Laurus nobilis</i>) has oval leaves 1-4 inches long. They have a natural depth of flavor that the California Bay Leaves can't hope to match. California Bay Laurel, have long slender leaves 2-5 inches long. The flavors are fairly similar, but the Turkish leaves are preferable for their subtler, less mentholated taste. Use bay leaves in moderation (1/2 to 1 leaf for 4-6 portions).
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Rinse, peel and de-vein the Shrimp and set them aside 2) Reserve the Shrimp Shells and set them aside. 3) Chop the Onion and set it aside. 4) Chop the Carrots and add them on top of the Onions. 5) Chop the Celery and add them on to of the Onions. 6) Crush the Garlic Cloves and add them on top of the Onions. 7) Chop the Chives and set them aside. 8) Snip 12 - 3" long pointed tips of Chives and set them aside. 9) Pick through the Crab Meat and discard any shell pieces you find.
1	The Day Before: In a large stockpot of boiling heavily salted water, plunge the live Lobster headfirst into the pot. Boil it for 4 minutes. Using tongs, transfer the Lobster to a cutting board. Rip off the Tail and Claws. Crack the Tail and Claws and remove the Meat. Cut the Meat into 1/2 inch pieces. Cut the Body and Shells into 2 inch pieces. Chill the Meat overnight; reserving the Shells
2	The Day Before: Heat 1 tablespoon of Olive Oil in a large cast iron skillet over medium high heat until it shimmers. Add in the Lobster Body & Shell Pieces, and Shrimp Shells and saute them for 4 minutes. Add on the Onions, Carrots, Celery , Garlic and Bay Leaf; saute them for 6 minutes. Add in the Tomato Paste and stir for 3 minutes more. Remove the skillet from the heat and stir in the Cognac. Add in the 3 cups of Water; return to the heat and bring it to a boil. Reduce the heat to low, cover, and simmer for 30 minutes.
3	The Day Before: Strain the mixture into a medium mixing bowl, pressing on the solids with the back of a spoon to extract as much liquid as possible; discard the solids. Allow the Stock to cool, seal it with plastic wrap and refrigerate.
4	Three Hours Before: Remove the Lobster, Shrimp and Stock from the refrigerator to come to room temperature
5	1 Hour Before: Melt 2 tablespoons of Butter in a large saucepan over medium heat. Add in the Flour and stir for 1 minute to make a Roux. Add in the Stock and Cream; simmer the mixture until the Sauce is reduced to 2 cups, about 5 minutes. Add in the Cheese and stir until smooth. Season to taste with Salt and Pepper. Remove from heat and cover to keep warm.
6	1/2 Hour Before: Heat 1 tablespoon Olive Oil in the same skillet over medium high heat. Add in the whole Shrimp and saute them until just opaque in the center, about 3 minutes. Cool slightly. Coarsely chop the Shrimp.
7	Meanwhile: Cook the chosen Pasta in large stock pot of boiling salted water until just tender but still firm to bite. Drain, return to the pot and cover to keep warm.
8	Stir the Lobster, Shrimp, Pasta, Crab, and 2 tablespoons of Butter into the Sauce. Stir over medium low heat until just heated through, about 2 minutes.
9	Divide the mixture equally into individual serving dishes. Place the dishes in a 200 degree oven to keep warm until time to serve.
SERVE	Sprinkle the top of each serving dish with chopped Chives. Attractively arrange 2 Chive Tips on each serving dish corner (See Picture) and serve while hot.

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