

# 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

<b>FACTOID</b>	This is indeed a tad INVOLVED - But - oooohhhh Baby! It will totally blow your guests away!
<b>TOOLS</b>	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
<b>HINTS</b>	As usual, we prefer FRESH Seafoods here - However, reality makes us choose some frozen, but we ALWAYS want the Lobster(s) to be alive.
<b>OPTION</b>	You can make most of this dish the day before. Bring all cold ingredients to room temperature after refrigerating overnight.

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<b>FACTOID</b>	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).
<b>PREP</b>	<p><b>DISH</b></p> <ol style="list-style-type: none"> <li>1) Rinse, peel and de-vein the Shrimp and set them aside</li> <li>2) Reserve the Shrimp Shells and set them aside.</li> <li>3) Chop the Onion and set it aside.</li> <li>4) Chop the Carrots and add them on top of the Onions.</li> <li>5) Chop the Celery and add them on to of the Onions.</li> <li>6) Crush the Garlic Cloves and add them on top of the Onions.</li> <li>7) Chop the Chives and set them aside.</li> <li>8) Snip 12 - 3" long pointed tips of Chives and set them aside.</li> <li>9) Pick through the Crab Meat and discard any shell pieces you find.</li> </ol>
<b>1</b>	<b>The Day Before:</b> 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
<b>2</b>	<b>The Day Before:</b> 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.
<b>3</b>	<b>The Day Before:</b> 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.
<b>4</b>	<b>Three Hours Before:</b> Remove the Lobster, Shrimp and Stock from the refrigerator to come to room temperature
<b>5</b>	<b>1 Hour Before:</b> 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.
<b>6</b>	<b>1/2 Hour Before:</b> 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.
<b>7</b>	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.
<b>8</b>	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.
<b>9</b>	Divide the mixture equally into individual serving dishes. Place the dishes in a 200 degree oven to keep warm until time to serve.
<b>SERVE</b>	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.