



Maine Lobster Mac 'n Cheese

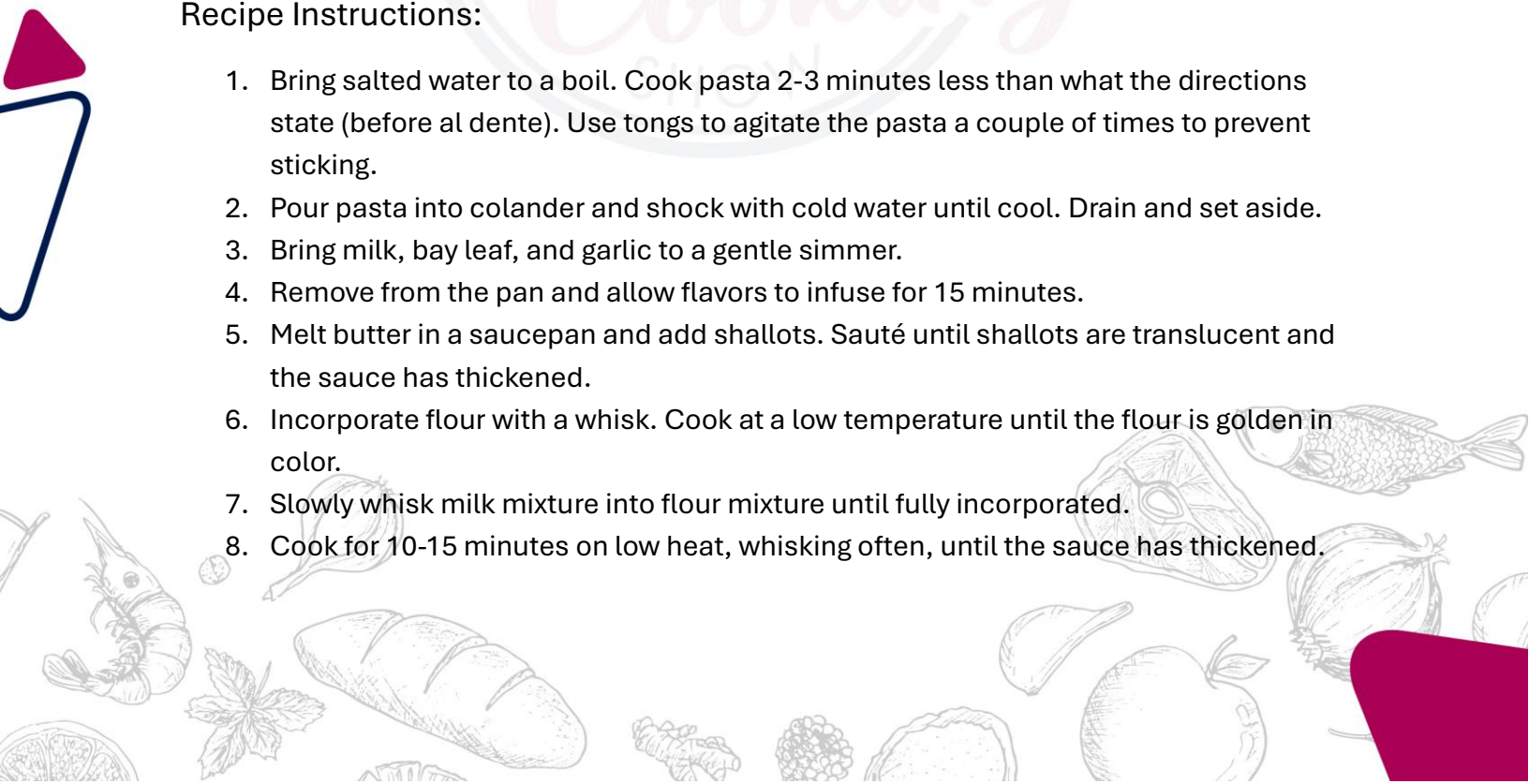
PREP: 45 min.

INGREDIENT LIST:

- 5 cups of cooked cavatappi pasta
- 2 1/2 cups milk
- 1 whole dry bay leaf
- 2 whole cloves of garlic, minced
- 1/4 cup unsalted butter (1/2 a stick)
- 1 whole shallot, finely chopped
- 1/2 cup all-purpose flour
- Fresh ground cayenne pepper and/or black pepper, to taste
- 1 lb. of blanched or raw lobster meat (can substitute frozen lobster meat)
- 1 cup fontina cheese, shredded
- 1/2 cup mascarpone cheese
- Sea salt, to taste
- Panko or Italian bread crumbs (optional; crust toppings)

Recipe Instructions:

1. Bring salted water to a boil. Cook pasta 2-3 minutes less than what the directions state (before al dente). Use tongs to agitate the pasta a couple of times to prevent sticking.
2. Pour pasta into colander and shock with cold water until cool. Drain and set aside.
3. Bring milk, bay leaf, and garlic to a gentle simmer.
4. Remove from the pan and allow flavors to infuse for 15 minutes.
5. Melt butter in a saucepan and add shallots. Sauté until shallots are translucent and the sauce has thickened.
6. Incorporate flour with a whisk. Cook at a low temperature until the flour is golden in color.
7. Slowly whisk milk mixture into flour mixture until fully incorporated.
8. Cook for 10-15 minutes on low heat, whisking often, until the sauce has thickened.





9. Add cayenne and/or black pepper (Note: wait until the end to add salt, as lobster will add lots of flavor and salt.)
10. Add lobster and cook in the sauce until the lobster is close to the desired texture.
11. Finally, add cheese and then add the cooked pasta and stir to combine.
12. Add salt and any optional toppings.

Baked Option:

1. Preheat oven to 375°F. Prepare the dish as outlined above, steps 1 through 11.
2. Butter an oven-safe baking dish or coat it with nonstick cooking spray.
3. Pour mac n' cheese into the dish and top with your favorite crumb topping. (At this time, you can cover your dish and refrigerate it for 1-2 days and bake it later.)
4. Bake uncovered for about 20 minutes or until bubbly and the top is toasted.
5. Cool for 10 minutes before digging in!

