



Lobster Mac and Cheese

READY IN



70 min.

SERVINGS



8

CALORIES



1119 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons anchovy minced
- 1.5 cups coarse breadcrumbs
- 1 cup cooking wine dry white
- 6 tablespoons flour
- 1.5 pounds fontina grated
- 0.3 cup parsley fresh chopped
- 0.5 cup parsley fresh chopped
- 1 tablespoon tarragon fresh finely chopped
- 1 tablespoon thyme leaves fresh finely chopped

- 1 cup heavy whipping cream
- 2 teaspoons lemon zest grated
- 4 pound lobsters steamed
- 2 pounds mussels scrubbed
- 2 tablespoons olive oil
- 0.3 cup parmigiano-reggiano grated
- 1 pound shells salted cooked
- 8 servings salt and pepper black freshly ground
- 4 shallots coarsely chopped
- 1 pound taleggio cut into pieces
- 6 tablespoons butter unsalted
- 2 cups milk whole

Equipment

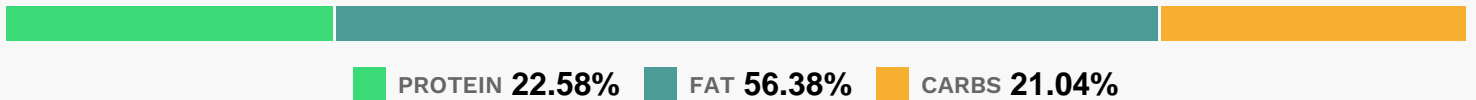
- bowl
- frying pan
- sauce pan
- oven
- whisk
- pot

Directions

- Watch how to make this recipe.
- Melt the butter in large saucepan over medium-high heat.
- Whisk in the flour and cook for 1 minute.
- Add the hot stock, milk, and cream and whisk until the sauce begins to thicken. Cook for 5 minutes, whisking occasionally.
- Remove from the heat and whisk in the cheeses and season with salt and pepper.

- Add the parsley, thyme, tarragon, and pasta and stir until combined. Chop the lobster into bite-sized pieces and fold into the pasta. Divide into bowls.
- For the crumb topping: Preheat the oven to 350 degrees F.
- Spread the breadcrumbs on a sheet pan and toast until barely golden, stirring once or twice, about 10 minutes.
- Heat the olive oil in a medium skillet over medium heat.
- Add the anchovies and stir a minute or 2 to warm through.
- Add the breadcrumbs, season with salt and pepper, and cook, tossing, until warm and slightly crisp.
- Remove from the heat and stir in the parsley and lemon zest.
- Sprinkle generously over the pasta.
- Heat the oil in a large stockpot over medium heat.
- Add the shallots and cook until soft.
- Add the wine, bring to a boil, add the mussels, cover and cook until the mussels have opened.
- Remove the mussels to a bowl for another use, and then strain the broth into a saucepan.

Nutrition Facts



Properties

Glycemic Index:64.38, Glycemic Load:23.65, Inflammation Score:-10, Nutrition Score:43.923043499822%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 12.14mg, Apigenin: 12.14mg, Apigenin: 12.14mg, Apigenin: 12.14mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1118.92kcal (55.95%), Fat: 68.99g (106.13%), Saturated Fat: 41.39g (258.67%), Carbohydrates: 57.92g (19.31%), Net Carbohydrates: 55.1g (20.04%), Sugar: 8.02g (8.91%), Cholesterol: 306.23mg (102.08%), Sodium:

23096.25mg (1004.18%), Alcohol: 3.09g (100%), Alcohol %: 0.73% (100%), Protein: 62.17g (124.33%), Selenium: 119.7µg (171%), Vitamin B12: 9.6µg (159.97%), Manganese: 2.81mg (140.45%), Calcium: 1032.88mg (103.29%), Vitamin K: 99.01µg (94.29%), Phosphorus: 747.66mg (74.77%), Vitamin A: 3353.86IU (67.08%), Copper: 1.16mg (58.07%), Zinc: 7.66mg (51.08%), Vitamin B2: 0.55mg (32.35%), Magnesium: 111.85mg (27.96%), Iron: 4.95mg (27.48%), Vitamin B5: 2.25mg (22.54%), Potassium: 758.54mg (21.67%), Vitamin B6: 0.39mg (19.43%), Vitamin C: 15.77mg (19.11%), Vitamin B3: 3.75mg (18.77%), Folate: 73.98µg (18.5%), Vitamin B1: 0.28mg (18.48%), Vitamin E: 2.28mg (15.18%), Vitamin D: 1.83µg (12.2%), Fiber: 2.82g (11.27%)