



Lobster Macaroni and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



609 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 4 tablespoons butter divided ()
- ☐ 0.8 cup carrots peeled chopped
- ☐ 0.8 cup celery chopped
- ☐ 0.3 cup cognac
- ☐ 6 ounces crab meat fresh picked over
- ☐ 6 ounces fontina grated
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 garlic cloves peeled

- ☐ 1.8 pound live lobster
- ☐ 2 tablespoons olive oil divided
- ☐ 1 cup onion chopped
- ☐ 8 ounces gemelli pasta
- ☐ 12 large shrimp deveined peeled
- ☐ 1 tablespoon tomato paste
- ☐ 1 turkish bay leaf
- ☐ 3 cups water
- ☐ 1 cup whipping cream

Equipment

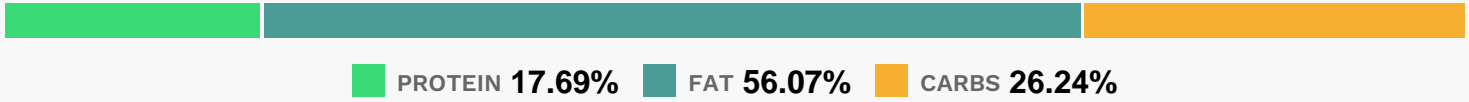
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Plunge lobster headfirst into pot of boiling water; boil 4 minutes. Using tongs, transfer to cutting board.
- ☐ Cut off tail and claws. Crack tail and claws and remove meat.
- ☐ Cut meat into 1/2-inch pieces.
- ☐ Cut body and shells into 2-inch pieces. Chill meat; reserve shells.
- ☐ Heat 1 tablespoon oil in heavy large skillet over medium-high heat.
- ☐ Add lobster body, lobster shells, and shrimp shells to skillet and sauté 4 minutes.
- ☐ Add onion and next 4 ingredients; sauté 6 minutes.
- ☐ Add tomato paste; stir 1 minute.
- ☐ Remove from heat; stir in Cognac.

- ☐ Add 3 cups water; bring to boil. Reduce heat, cover, and simmer 30 minutes.
- ☐ Strain mixture into bowl, pressing on solids to extract liquid; discard solids. Set stock aside.
- ☐ Heat 1 tablespoon oil in same skillet over medium-high heat.
- ☐ Add shrimp; sauté until just opaque in center, about 3 minutes. Cool slightly. Coarsely chop shrimp.
- ☐ Melt 2 tablespoons butter in large saucepan over medium heat.
- ☐ Add flour; stir 1 minute.
- ☐ Add stock and cream; simmer until sauce is reduced to 2 cups, about 5 minutes.
- ☐ Add cheese; stir until smooth. Season with salt and pepper.
- ☐ Remove from heat.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite.
- ☐ Drain. Stir lobster, shrimp, pasta, crab, and 2 tablespoons butter into sauce. Stir over medium-low heat until heated through, about 2 minutes. Season with salt and pepper.
- ☐ Serve topped with chives.

Nutrition Facts



Properties

Glycemic Index:79.47, Glycemic Load:14.84, Inflammation Score:-10, Nutrition Score:23.986956596375%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Nutrients (% of daily need)

Calories: 608.54kcal (30.43%), Fat: 36.56g (56.24%), Saturated Fat: 20.24g (126.51%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 35.88g (13.05%), Sugar: 5.08g (5.65%), Cholesterol: 156.73mg (52.24%), Sodium: 743.24mg (32.31%), Alcohol: 3.34g (100%), Alcohol %: 1.12% (100%), Protein: 25.96g (51.92%), Selenium: 65.77µg (93.95%), Vitamin A: 3898.95IU (77.98%), Vitamin B12: 3.57µg (59.5%), Copper: 0.95mg (47.43%), Phosphorus: 344.09mg (34.41%), Zinc: 4.82mg (32.13%), Calcium: 261.12mg (26.11%), Manganese: 0.52mg (25.95%), Magnesium:

65.51mg (16.38%), Vitamin K: 13.89µg (13.22%), Vitamin E: 1.96mg (13.07%), Vitamin B6: 0.26mg (12.99%), Vitamin B2: 0.22mg (12.92%), Potassium: 438.72mg (12.53%), Vitamin B5: 1.17mg (11.72%), Folate: 45.57µg (11.39%), Vitamin B3: 2.12mg (10.61%), Fiber: 2.6g (10.42%), Vitamin C: 7.02mg (8.5%), Vitamin B1: 0.12mg (7.99%), Iron: 1.28mg (7.13%), Vitamin D: 0.8µg (5.37%)