



Lobster Sauce for Pasta

 Dairy Free

READY IN



125 min.

SERVINGS



4

CALORIES



585 kcal

SAUCE

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 3 cloves bouquet garnic
- ☐ 3 carrots ends trimmed peeled
- ☐ 3 stalk celery
- ☐ 4 servings noodles cooked for serving
- ☐ 1 ounce corn oil
- ☐ 4 cloves garlic crushed
- ☐ 5 heirloom tomatoes diced

- ☐ 2 medium leeks
- ☐ 4 ounces juice of lemon
- ☐ 4 live chicken lobsters
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 sprigs parsley fresh italian chopped
- ☐ 1 tablespoon peppercorns) white
- ☐ 4 servings pepper flakes red crushed
- ☐ 4 servings salt
- ☐ 1.5 cups lobster stock
- ☐ 4 rosso bruno tomatoes diced cored
- ☐ 5.5 quarts water cold
- ☐ 1 medium onion white peeled
- ☐ 0.5 quart white wine

Equipment

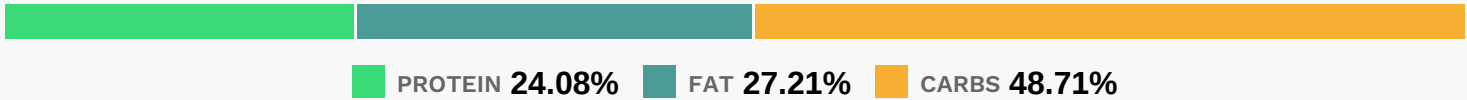
- ☐ frying pan
- ☐ pot
- ☐ skewers

Directions

- ☐ Stick a 6 inch skewer lengthwise inside the tail of each lobster. Bring the court bouillon to a boil, add the lobsters, and cook for about 6 minutes.
- ☐ Remove and shock in ice water.
- ☐ Remove the tail meat from the shells and cut each into 2 to 3 medallions. Set aside.
- ☐ Place a large saute pan over medium-high heat, add the oil and garlic, and heat until the garlic starts to turn golden. Discard the garlic. Toss in the fresh tomatoes, add salt to release any water, and let cook about 10 minutes.
- ☐ Add the lobster stock and reduce to desired consistency, about 15 minutes.
- ☐ Add the crushed red pepper and black pepper, to taste, and cook for another 2 minutes.

- ☐ Add the lobster medallions and chopped parsley and cook for 2 minutes. Toss in the noodles, cook for 1 minute to warm, and serve immediately. BUON APPETITTO!!!!
- ☐ Cut off the dirty part of the roots of the leeks and make two incisions 1 inch from the root down the leeks. Wash the leeks under running cold water, and then soak in clean water for about 15 minutes.
- ☐ Cut all the vegetables into roughly 2 inches square.
- ☐ Heat an 8-quart stockpot over a medium-high flame, add the corn oil, and let it heat until just before the smoke point.
- ☐ Saute the vegetables until they become a gold color.
- ☐ Add the bouquet garni and saute for 1 minute.
- ☐ Add the wine and lemon juice (the acids needs to equal 10 percent volume of the stock), and saute another 2 minutes.
- ☐ Add the cold water and bring to a boil. Turn down the flame and let simmer for 35 to 40 minutes. Strain the bouillon into a clean stockpot.

Nutrition Facts



Properties

Glycemic Index:111.58, Glycemic Load:20.21, Inflammation Score:-10, Nutrition Score:43.568260939225%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 4.58mg, Hesperetin: 4.58mg, Hesperetin: 4.58mg, Hesperetin: 4.58mg Naringenin: 2.72mg, Naringenin: 2.72mg, Naringenin: 2.72mg, Naringenin: 2.72mg Apigenin: 3.04mg, Apigenin: 3.04mg, Apigenin: 3.04mg, Apigenin: 3.04mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg

Nutrients (% of daily need)

Calories: 585.29kcal (29.26%), Fat: 15.57g (23.95%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 62.71g (20.9%), Net Carbohydrates: 52.91g (19.24%), Sugar: 16.03g (17.81%), Cholesterol: 160.02mg (53.34%), Sodium: 1265.35mg

(55.02%), Alcohol: 12.18g (100%), Alcohol %: 0.7% (100%), Protein: 30.99g (61.99%), Vitamin A: 11698.09IU (233.96%), Selenium: 104.75µg (149.64%), Copper: 2.33mg (116.65%), Vitamin K: 83.2µg (79.24%), Vitamin C: 63.65mg (77.15%), Manganese: 1.44mg (72.15%), Potassium: 1472.85mg (42.08%), Phosphorus: 410.18mg (41.02%), Zinc: 6.09mg (40.59%), Vitamin E: 6.09mg (40.58%), Vitamin B6: 0.8mg (40.01%), Fiber: 9.8g (39.19%), Magnesium: 152.46mg (38.12%), Folate: 122.74µg (30.68%), Calcium: 278.42mg (27.84%), Iron: 4.76mg (26.46%), Vitamin B12: 1.58µg (26.25%), Vitamin B5: 2.61mg (26.07%), Vitamin B3: 5.19mg (25.94%), Vitamin B1: 0.25mg (16.7%), Vitamin B2: 0.2mg (12%)