



Pappardelle With Lobster and Corn

READY IN



135 min.

SERVINGS



6

CALORIES



589 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 stalk celery halved chopped
- ☐ 0.3 cup chervil and/or chives fresh chopped
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 ears of corn
- ☐ 0.5 cup heavy cream
- ☐ 6 servings kosher salt
- ☐ 4.5 pounds live lobsters
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 sprigs parsley chopped

- ☐ 1 pound pappardelle pasta
- ☐ 2 shallots diced whole 1, 1
- ☐ 0.3 teaspoon paprika sweet
- ☐ 2 tablespoons tomato paste
- ☐ 3 tablespoons butter unsalted

Equipment

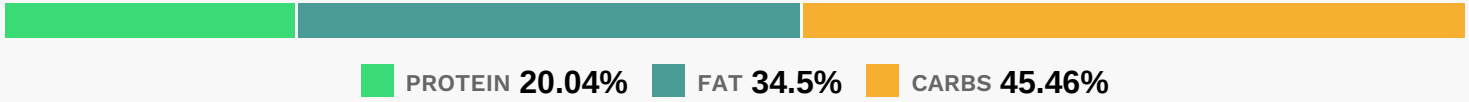
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ measuring cup
- ☐ tongs

Directions

- ☐ Fill a large pot with 2 inches of water; bring to a boil.
- ☐ Add the lobsters, cover and cook over medium heat until the shells turn bright red, 8 to 10 minutes.
- ☐ Remove with tongs and rinse under cold water to cool slightly. Meanwhile, cut the kernels off the corn; reserve the cobs.
- ☐ Remove the meat from the lobster shells: Twist off the claws, then break off the tail; set the bodies aside. Pull the flippers off the tail, then insert your thumb into the flipper end and force out the meat. Crack the claws with a lobster cracker, mallet or the flat side of a knife and remove the meat. Chop the lobster meat into 1-inch pieces and transfer to a bowl; cover and refrigerate until ready to use.
- ☐ Rinse the lobster bodies to remove any green matter (tomalley) and roe.
- ☐ Heat 2 tablespoons butter and the olive oil in a large saucepan over medium-high heat.
- ☐ Add the lobster bodies and cook, turning occasionally, until the butter starts to brown, about 3 minutes.
- ☐ Add the wine, bring to a boil and cook until reduced by half, about 2 minutes.

- ☐ Add the corn cobs, celery stalk, whole shallot, parsley sprigs and 6 cups water; bring to a boil, then lower the heat and simmer until the liquid is reduced by about one-third, about 30 minutes. Strain the stock into a bowl or large measuring cup.
- ☐ Heat the remaining 1 tablespoon butter in a saucepan over medium heat.
- ☐ Add the diced shallot and cook until softened, about 2 minutes.
- ☐ Add the tomato paste and paprika; cook, stirring, until slightly darkened, about 1 minute. Stir in the prepared stock and cream and simmer until reduced by one-third, about 20 minutes (you should have 2 3/4 cups sauce).
- ☐ Add the corn kernels; simmer 5 more minutes.
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the pappardelle and cook as the label directs.
- ☐ Drain, then return to the pot.
- ☐ Add the sauce and the reserved lobster meat and cook over medium heat, stirring, until the lobster meat is heated through, about 1 minute. Stir in the chopped celery leaves and parsley and most of the chervil. Divide among plates and top with the remaining chervil.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:23.41, Inflammation Score:-7, Nutrition Score:24.806521705959%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 589.04kcal (29.45%), Fat: 22.25g (34.22%), Saturated Fat: 10.02g (62.65%), Carbohydrates: 65.96g (21.99%), Net Carbohydrates: 61.98g (22.54%), Sugar: 6.37g (7.08%), Cholesterol: 221.94mg (73.98%), Sodium: 670.14mg (29.14%), Alcohol: 2.06g (100%), Alcohol %: 0.92% (100%), Protein: 29.08g (58.17%), Selenium: 121.52µg (173.6%), Copper: 1.57mg (78.47%), Manganese: 0.85mg (42.41%), Phosphorus: 403.6mg (40.36%), Zinc: 5.19mg (34.57%), Magnesium: 105.48mg (26.37%), Vitamin B5: 2.5mg (25.02%), Vitamin B12: 1.45µg (24.23%), Vitamin B3: 4.15mg (20.73%), Vitamin B6: 0.37mg (18.35%), Potassium: 623.95mg (17.83%), Vitamin A: 849.58IU (16.99%), Vitamin E: 2.42mg (16.14%), Fiber: 3.98g (15.91%), Vitamin B1: 0.23mg (15.54%), Vitamin K: 15.52µg (14.78%), Folate: 57.97µg (14.49%), Calcium: 131.88mg (13.19%), Iron: 2.35mg (13.08%), Vitamin B2: 0.16mg (9.57%), Vitamin C: 6.75mg (8.19%), Vitamin D: 0.65µg (4.33%)