



WHATSheATE



Sauteed Pasta with Lobster



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



518 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 bay leaves



1 pound capellini (fideus in Catalan)



0.5 cup wine dry white



2 tablespoons parsley fresh chopped



2 garlic clove chopped



4 pound pd of lobster



6 tablespoons olive oil



1 large onion sliced

- ☐ 0.3 teaspoon saffron threads crumbled
- ☐ 1.5 pound vine ripened tomato peeled seeded coarsely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ tongs
- ☐ colander
- ☐ cheesecloth

Directions

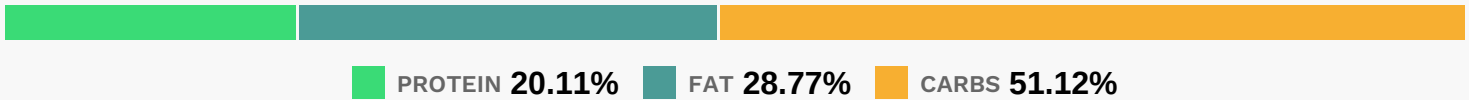
- ☐ Fill an 8-quart pot three fourths full with salted water and bring to a boil. Plunge 2 lobsters headfirst into water and boil, covered, 3 minutes.
- ☐ Transfer with tongs to a colander to cool. Repeat with remaining 2 lobsters in same manner.
- ☐ When lobster is cool enough to handle, remove meat from shells, catching juices in a separate bowl.
- ☐ Add shells to bowl with juices.
- ☐ Cut meat into 1-inch pieces and chill lobster, covered.
- ☐ Stir together wine and saffron and let mixture steep 10 minutes. Bring wine mixture, 14 cups water, and lobster shells with juices to a boil in 8-quart pot. Boil until liquid is reduced to about 8 cups, about 1 hour. Line a sieve with cheesecloth and set over a bowl.
- ☐ Pour stock through sieve, then discard solids.
- ☐ While stock reduces, heat 2 tablespoons oil in a heavy skillet over low heat until hot, then cook onion with bay leaf until onion is very soft and browned, about 45 minutes.
- ☐ Add tomatoes and garlic and cook, stirring frequently, until sofregit is very thick, about 15 minutes. Discard bay leaf.
- ☐ Preheat oven to 400°F.

- ☐
- Heat 1 tablespoon oil in a cassola or an ovenproof 12-inch heavy skillet over moderately low heat until hot but not smoking, then cook pasta in 4 batches, stirring, until golden brown.
- ☐
- Transfer pasta to a bowl as browned and add an additional tablespoon oil for each batch.
- ☐
- When all of pasta is browned, return to pan and stir in sofregit and 4 cups stock (if using a cassola, use 4Böps stock; your need more liquid because of the dish's straight sides). Reserve remaining stock for another use. Bring pasta mixture to a simmer, then continue to simmer, covered, 4 minutes. Stir in reserved lobster and season with salt and pepper.
- ☐
- Transfer pan, uncovered, to middle of oven and bake 10 minutes, or until liquid is absorbed and top of pasta is crisp. Stir in parsley.
- ☐
- Lobster and stock may be prepared 1 day ahead, cooled completely, then chilled, covered.

•Leftover stock, which is wonderful for lobster bisque or as a base for a sauce armoricaine, keeps, frozen, 3 months.

•Aïfregit can be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:24.55, Inflammation Score:-8, Nutrition Score:24.379565301149%

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: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 518.27kcal (25.91%), Fat: 16.05g (24.69%), Saturated Fat: 2.34g (14.63%), Carbohydrates: 64.15g (21.38%), Net Carbohydrates: 59.87g (21.77%), Sugar: 6.27g (6.97%), Cholesterol: 107.53mg (35.84%), Sodium: 371.57mg (16.16%), Alcohol: 2.06g (100%), Alcohol %: 0.78% (100%), Protein: 25.24g (50.48%), Selenium: 101.92µg (145.6%), Copper: 1.44mg (72.16%), Manganese: 0.95mg (47.35%), Vitamin K: 39.53µg (37.64%), Phosphorus: 319.6mg (31.96%), Zinc: 4.34mg (28.94%), Vitamin C: 19.48mg (23.61%), Vitamin E: 3.46mg (23.09%), Magnesium: 90.16mg (22.54%), Vitamin A: 1061.96IU (21.24%), Potassium: 669.08mg (19.12%), Vitamin B12: 1.06µg (17.64%), Fiber: 4.27g (17.1%), Vitamin B5: 1.7mg (17.05%), Vitamin B6: 0.34mg (17%), Vitamin B3: 3.38mg (16.91%), Folate: 46.13µg (11.53%),

Calcium: 109.82mg (10.98%), Iron: 1.8mg (10.01%), Vitamin B1: 0.14mg (9.51%), Vitamin B2: 0.09mg (5.35%)