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RECIPES DATABASE

Lobster Macaroni and Cheese



Chef: Duane Keller
Restaurant/Operation: Potowmack Landing, Alexandria, Va.
Menupart: Fish and Seafood, Pasta, Rice and Grains
Daypart: Dinner

Lobster Macaroni and Cheese

Yield: 6 servings

- Live Maine lobsters, 1 1/2 lb. 3
- Ice water as needed
- Oyster mushrooms 3 cups
- Olive oil as needed
- Salt and pepper to taste
- Gemelli pasta or medium shells, freshly cooked 2 lb.
- White Cheddar sauce (recipe follows) as needed
- Parsely, chopped as needed

1. Steam lobsters for 12 minutes; chill in ice water bath for 5 to 10 minutes. Remove and coarsely chop meat; set aside.
2. Sauté mushrooms in oil until tender. Add lobster meat and season with salt and pepper.
3. Add pasta and white Cheddar sauce to taste; gently toss.
4. To serve, divide pasta into 6 large bowls and garnish with parsley.

White Cheddar Sauce

Yield: 1 1/2 cups

- Celery, minced 2 Tbsp.
- Sweet white onion, minced 2 Tbsp.
- Unsalted butter 2 Tbsp.
- All-purpose flour 1 Tbsp.
- Shrimp stock, hot 1/2 cup
- Heavy cream, hot 4 oz.
- Milk, hot 4 oz.
- Seafood seasoning 1 tsp.
- Bay leaves 2
- Red-pepper flakes pinch
- Celery seeds 1/2 tsp.
- Aged white Cheddar cheese, grated 1/2 lb.
- Sherry 2 oz.

1. Sauté celery and onion in butter over medium-high heat until tender. Stir in flour. Add stock, cream and milk and whisk well.
2. Reduce temperature to low; add seafood seasoning, bay leaves, red pepper and celery seeds. Cook for 12 to 15 minutes, stirring often.
3. Fold in cheese until sauce is smooth. Finish with sherry.

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