

CAPE COD COMMERCIAL
**FISHERMEN'S
ALLIANCE**



Lobster Mac and Cheese

Serves six.

Ingredients:

1 pound elbow pasta

2 cups milk

6 Tablespoons unsalted butter

3 Tablespoons flour

1/2 teaspoon salt

1/2 teaspoon pepper, freshly ground

Pinch of ground nutmeg

16 ounces of sharp cheddar cheese, grated (or use a combination of your favorite cheeses)

Few dashes of hot sauce, if desired

1-1/2 pounds of fresh cooked American lobster meat (claw and knuckle or combination of claw, knuckle, and tail), cut into small pieces

3/4 cup plain or Panko breadcrumbs

Preheat oven to 350 degrees. Cook pasta in salted water according to directions on package, but cook only until al dente. Strain and return to pot. Keep warm.

In the meantime, put milk in a saucepan and warm on low heat until bubbles show around the edges. Melt 4 T. of the butter in a heavy-bottomed saucepan over medium heat. Add flour slowly, stirring constantly with a wooden spoon or rubber spatula. Cook for a couple of minutes, but don't let the flour turn a darker color. Turn heat to low and add the hot milk slowly, a little bit at a time, stirring constantly so lumps don't form. Stir until sauce starts to thicken; you may need to increase heat a little. Add salt, pepper and nutmeg.

Remove sauce from burner and add in grated cheese and hot sauce, if desired. Once cheese is melted into the sauce, fold in the lobster meat and mix well. Then, add the cooked pasta to lobster and cheese sauce and mix well. You may have to do this in a big bowl. If so, it's best to warm the bowl in the microwave for one minute to keep ingredients warm. Pour all into a deep baking or casserole dish.

Melt remaining 2T. butter in a pan or in microwave. Toss breadcrumbs in the butter and then sprinkle them over the top. Bake for 20 minutes until bubbling and crumbs are golden.