

Lobsterman's Mac 'n' Cheese

*There are three rules of
Lobsterman's Mac 'n' cheese:*

- 1. Don't overcook your lobster, steam them a few minutes less than done.*
- 2. There should be at least a 1-1 ratio of lobster meat to pasta.*
- 3. Use mild cheese so the lobster comes through!*

The Catch

3 'chicken' lobsters
OR 2 bigger lobsters,
steamed till almost done
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(1½-2 cups meat)

The Groceries

1½ cups uncooked 'medium-
sized' pasta (macaroni,
bow ties, etc.)
½ stick butter
¼ cup all-purpose flour
1 cup milk
½ teaspoon ground mustard
½ teaspoon black pepper
1 cup shredded mozzarella
cheese
1 cup 'stronger' but still mild
cheese (Monterey Jack,
Mild Cheddar...)
½ cup sour cream
2 Tablespoons butter
½ cup seasoned breadcrumbs

The How To

- HARVEST lobster meat and cut into bite-sized chunks. SET ASIDE.
- BOIL water for pasta.
- PUT macaroni in, COVER and SHUT OFF heat. TIME for 10 minutes then DRAIN.
- TURN broiler on 'low' if you have a 'low.' If not – high works.

Meanwhile...

- MELT ½ stick butter in a large saucepan over medium heat.
- STIR in flour until it is a smooth, peanut butter consistency and it bubbles a little.
- WHISK in milk gradually. ADD mustard and pepper.
- SIMMER stirring constantly for 2 minutes or until thickened and whisk lines stay visible.
- TURN heat to low.
- STIR in cheese and HEAT until it looks just melted.
- REMOVE from heat.
- STIR in sour cream, drained macaroni and lobster chunks.
- TRANSFER to greased 9 x 9 baking dish.
- MELT 2 tablespoons butter. MIX with seasoned breadcrumbs. SPRINKLE on top of mac 'n' cheese.
- BROIL until breadcrumbs are golden brown. (Watch it closely – it can be as little as 3 minutes!)
- SHUT OFF broiler and move casserole to lower rack. Let it continue to warm for 10 minutes. SERVE and accept praise!



Yield: Dinner for 4.

Kitchen Time: Active 10 minutes. Oven 15 minutes.

In Season: Year-round.