CHEESY GARLIC LOBSTER MAC

'Community Through Cooking'

BACKYARD TUNA COMPANY

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INGREDIENTS:

Lobster
- 2 8oz lobster tails, uncooked
- 2 tbsp salted butter
- 4 cloves garlic
- salt
- peppercorns, crushed

Béchamel Sauce
- 4 cups whole milk
- 6 tbsp salted butter
- ½ cup all-purpose flour
- ½ tsp cayenne pepper
- ¼ tsp nutmeg
- 2 egg yolks
- 2 tsp salt
- peppercorns, crushed

Pasta
- 16 oz macaroni noodles
- 2 tbsp olive oil
- 1 cup sharp cheddar cheese
- 1 cup Colby-Jack cheese
- ½ cup mozzarella cheese
- ½ cup white cheddar cheese
- salt

RECIPE:

Time to step up your mac 'n cheese game with a little béchamel and lobster. This French white sauce is one we recently learned how to make. Also learned: the more cheese the better.

To make béchamel sauce requires your full attention so it doesn't become a goopy mess. The first step in cooking this sauce is to heat up your whole milk (don't let it boil!) in a saucepan. Next, melt your butter and add the flour in another large saucepan, whisking your mixture to remove lumps as it becomes light brown in color. Then, ladle in the warm milk and continuously whisk the sauce so it remains thin. If it starts to thicken up, just add more milk.

Once you have transferred all the milk into your other saucepan, add the nutmeg, two teaspoons of salt, cayenne and crushed peppercorns. Lastly, mix in your two egg yolks and set your burner to low. Stir periodically.

Boil your macaroni noodles with a pinch of salt and a couple tablespoons of olive oil until al dente (~10 minutes). While that's cooking, prepare your lobster tails on the stovetop. Split your tails and remove anything nasty looking from their digestive tract. In a saucepan, sauté the tails in butter, garlic, salt and pepper for 2 ½ minutes on each side.

Drain your pasta and mix in your béchamel sauce with the four different cheeses. Stir until the cheese has completely melted. Finally, cut up your lobster into medium-sized chucks and add to your pasta creation. And there you go, lobster mac with extra cheese. Yay!

-Al