



## Fettuccini, Maine Lobster, English Peas, Eggplant and Spiced Shellfish Reduction

Description:

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### Lobster

Ingredients:

3 - 1-pound lobsters

Preparation:

1. To cook lobster, put a pot of water on the stove that can fit at least 2-3 lobsters.
2. Bring the water up to a boil.
3. Place lobster in water for 6 min.
4. Then shock in an ice water bath.

### Shellfish Reduction

Ingredients:

2 tablespoons canola oil

1 1/2 pounds Lobster Shells and bodies

1 carrot, cut in large dice

1 large onion, cut in large dice

fennel fronds (greens) of 1 stalk, chopped

2 cloves sliced garlic

½ teaspoon fennel seeds

½ teaspoon black peppercorns  
2 pieces star anise  
2 pieces of clove  
1½ teaspoons tomato paste  
½ cup brandy  
½ cup white wine  
Bouquet garni (i.e. thyme, tarragon) 2-branches each  
Water as needed  
½ cup heavy cream

Preparation:

1. Heat a large skillet on high for 5 minutes.
2. Add 2 tablespoons of canola oil and lobster shells.
3. After the shells are caramelized, add the vegetables and roast until caramelized, adding another tablespoon oil as needed.
4. Add spices and tomato paste and cook for 5 minutes, stirring constantly.
5. Deglaze with brandy and white wine. Reduce for 2 minutes, and then cover the shells with water.
6. Add the bouquet garni and simmer at medium heat for 30 minutes.
7. Strain the reduction into a separate pot.
8. Add heavy cream and simmer for 20 minutes.
9. Season with salt and pepper to taste.

### Prep for Pasta

Ingredients:

¼ cup of peas  
¼ cup white corn  
1 pound of dried fettuccini  
1 cup of shellfish reduction  
1 tb of chopped parsley  
1 teaspoon of lemon juice  
1tb of butter

1 cup of chopped lobster  
2 tb of olive oil

Preparation:

1. Cook fettuccini in a large pot of boiling salted water.
2. In a large pot on high heat add oil and butter.
3. When the butter begins to foam add corn and cook for 3 min, add a little more if needed.
4. Then add lobster, peas, parsley, shellfish reduction, lemon juice, butter and reduce until butter is completely emulsified into sauce.
5. Add fettuccini and season with salt and pepper.