

LOBSTER PASTA

By



Chef Chris



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WATERFRONT MARKET

PREPARATION TIME



COOKING TIME



SERVES



INGREDIENTS

- 1kg lobster (2 lobsters)
- 500g linguine
- 150ml pasta water
- 4g ginger, grated
- 1 garlic clove, minced
- 450g ripe tomatoes, peeled and grated
- 8 cherry tomatoes
- 1 tbsp sugar
- 4 tbsp olive oil
- 1 tbsp finely chopped basil
- 25g butter
- Salt & pepper



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Method

Preparing your lobsters:

1. If the lobsters you are preparing are alive, the most humane way to kill them is by putting them into the freezer for 30 to 60 minutes prior to cooking, then into a pot of boiling water, head-first.

Cooking your lobsters:

1. Bring 3-4 litres of water in a pot to the boil. Add the lobsters into the boiling water, head-first. Boil the lobsters for approx. 6 minutes. Remove them from the pot and allow to cool.
2. Remove any solid pieces left in the pot – the remains - using a skimmer and set aside. These will be used to add extra flavor to the sauce later. Keep the water in the pot.
3. Lay your cooled lobsters flat on a chopping board and using a sharp knife or kitchen scissors, make a cross-section cut by cutting across where the head join is and another down cut, dividing the tail lengthways into two pieces. Set aside.



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Cooking your pasta:

1. To the same water you boiled the lobster in, add 2 tablespoons of salt and bring back to the boil. Add the linguine and cook for approx. 6 minutes. (The pasta should not be fully cooked as it will complete cooking in the sauce).
Whilst the pasta is cooking, make the sauce.

The sauce:

1. To a large pan on medium-high heat add the olive oil, garlic and ginger.
2. Sauté for one minute, then add the grated tomatoes and sugar. Stir everything together well.
3. Now add the remains of the lobster you removed from the pot and set aside earlier, the pasta water, basil, cherry tomatoes and season to taste with salt and pepper. Approximately 4 minutes should have passed since adding the olive oil to the pan by this stage of the sauce.



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4. Add the butter to the sauce, allowing it to melt. Take your lobster tail halves and add them to the pan, flesh side up.
5. Using tongs, remove the linguine from the pasta water and add to the sauce. (Keep the pasta water in case you need to add a little more liquid to the sauce at the end.)
6. Gently stir the pasta and lobster in the sauce and allow to simmer for one minute. If the sauce seems too thick, add a little more of the pasta water. Don't be concerned if your sauce seems too thin, it will be slowly absorbed by the pasta.

Serve and enjoy.

Bon appétit!



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