

Lobster Mac

Chef Audrey - Aldi Test Kitchen
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Servings: 6

3 cups elbow macaroni
8 slices hickory smoked
thick sliced bacon, diced
1 onion, diced
1/4 cup all-purpose flour
1/2 cup chardonnay wine
1 cup chicken broth
2 cups heavy whipping
cream
1/2 cup Parmesan cheese,
shredded
1/2 cup Asiago cheese,
shredded
1/2 cup sharp cheddar
cheese, shredded
1/2 teaspoon garlic powder
3/4 teaspoon salt, divided
3/4 teaspoon black pepper,
divided
2 packages (8 ounce ea)
Maine lobster tails, removed
from the shell and chopped
4 tablespoons unsalted
butter, divided
1/2 cup plain bread crumbs

Preparation Time: 20 minutes

Cook Time: 50 minutes

Preheat the oven to 375 degrees.

Bring a pot full of water to a rolling boil. Cook the macaroni for 6 to 8 minutes. Drain. Rinse with cold water. Reserve in the refrigerator.

In a heavy bottomed stock pot on medium-low heat, cook the bacon for 8 minutes. Add the onions and saute' until the bacon is fully cooked and the onions are tender. Add the flour. Stir to make a roux. Cook until the roux turns light golden brown.

Stir in the wine. Cook for 4 to 5 minutes. Add the chicken broth and heavy cream. Bring to a light simmer.

In a bowl, combine the cheeses. Slowly whisk the cheese mixture into the sauce until thoroughly melted. Add the garlic powder, 1/2 teaspoon of salt and 1/2 teaspoon of pepper. Reduce the heat to low. Keep warm.

Season the lobster with the remaining salt and pepper. In a large saute' pan, melt two teaspoons of butter on medium-high heat. Saute' the seasoned lobster for 3 to 4 minutes or until cooked through.

In a large bowl, combine the cooked lobster, macaroni and cheese sauce. Stir to combine.

In a small mixing bowl, melt the remaining two teaspoons of butter in the microwave. Fold the bread crumbs into the melted butter.

Transfer the mixture to a 9- x 11-inch casserole dish. Top with the bread crumb mixture.

Bake for 7 to 10 minutes or until the bread crumbs are golden brown.

TIP:

A roux is equal parts flour and butter, cooked. It is a great substitution for cornstarch to thicken sauces and soups.

Per Serving (excluding unknown items): 583 Calories; 46g Fat (69.7% calories from fat); 14g Protein; 30g Carbohydrate; 1g Dietary Fiber; 153mg Cholesterol; 725mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 8 1/2 Fat.