

# **Lobster Shepherd's Pie**

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Palm Beach Post

**Servings: 2**

**2 (1 pound each) New England lobsters**  
**1 pound Yukon Gold potatoes**  
**1 cup half-and-half**  
**3 tablespoons unsalted butter, divided**  
**Truffle oil (to taste)**  
**Kosher salt**  
**freshly ground black pepper**  
**1 small leek, split, diced 1/4-inch thick and washed**  
**corn kernels from one ear**  
**6 shiitake mushrooms, sliced in strips**  
**1/2 cup frozen peas, thawed**  
**leaves from two sprigs of thyme**  
**2 ounces brandy or sherry**  
**Parmesan cheese, grated**

Preheat oven to 450 degrees.

Cook the lobsters in a large pot of boiling water for 6 to 7 minutes.

Remove the lobsters and place in an ice bath for 10 minutes.

Crack the claws and shells and remove the meat. Dice into large pieces.

Cook the potatoes in salted water over medium-high heat until tender. Drain well.

Mash well (preferably with a ricer or food mill) and stir in the half-and-half, one tablespoon of butter, the Truffle oil (if using), and salt and pepper to taste. Keep warm.

Meanwhile, in a large saute' pan over medium heat, cook the leek in two tablespoons of butter until softened slightly but not browned. Season slightly with salt and pepper.

Add the corn and shiitakes, cooking until the vegetables are tender.

Stir in the lobster meat, peas and thyme.

Deglaze with the brandy, cooking for a minute or two to burn off the alcohol. Season to taste.

Spoon the lobster mixture into two individual casserole dishes and top with mashed potatoes (piping with a star tip creates an elegant look). You will have some leftover mashed potatoes.

Top each casserole with a light dusting of Parmesan.

Place the casserole dishes on a baking sheet.

Bake for 10 to 12 minutes, until golden brown.

Serve hot.

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Per Serving (excluding unknown items): 426 Calories; 18g Fat (36.6% calories from fat); 9g Protein; 59g Carbohydrate; 6g Dietary Fiber; 47mg Cholesterol; 66mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 3 1/2 Fat.