



Recipe
suggestions

Creamy lobster and saffron pasta (serves 6 as a starter)

Ingredients

- > 1 medium cooked lobster, meat removed from the shell, and shell reserved
- > 30g butter
- > large pinch cayenne pepper
- > 1tsp tomato puree
- > large pinch of saffron
- > 1 small onion, finely chopped
- > 1 celery stick, finely sliced
- > 6tbs white wine
- > 2 sprigs thyme
- > 600ml water
- > 200ml crème fraiche
- > 300g pappardalle pasta or linguine
- > salt & pepper
- > splash of lemon juice
- > 3tbs chopped parsley

Method

- > In a large saucepan, melt the butter, add the cayenne pepper, tomato puree and saffron and fry over a medium heat for 1-2 minutes.
- > Add the lobster shells, onion and celery and cook, stirring continuously, for a further 1-2 minutes
- > Add the wine, thyme and water. Bring to the boil, reduce the heat and simmer for 20-25 minutes. Remove from the heat, strain and return to the saucepan, bring to the boil and simmer for a few minutes until the stock has reduced to about 200ml.
- > Stir in the crème fraiche, bring to the boil and simmer for a few minutes until rich and creamy
- > Cook the pasta as per packet instructions until al dente. Drain and toss with the seafood sauce, season to taste with salt, pepper and lemon juice and stir in the cooked lobster and parsley
- > Heat carefully until the seafood is piping hot and serve

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