



## Janishia's Annual New Year Recipe: Delicious Lobster Mac & Cheese

Lobster Mac & Cheese  
23 ingredients

Seafood

- 2 Lobster tails

Produce

- 1 tsp Garlic
- 1/2 tsp Garlic powder
- 1 1/4 tsp Onion powder
- 1 Parsley or minced rosemary

Refrigerated

- 1 Egg, large

Condiments

- 1/4 tsp Mustard, dry

Pasta & Grains

- 1/2 lb Macaroni or other small pasta shapes

Baking & Spices

- 1/4 cup All-purpose flour
- 3/4 tsp Cajun seasoning
- 1 Pinch Cayenne
- 1/4 tsp Paprika

Oils & Vinegars

- 1/2 tsp Olive oil

### Bread & Baked Goods

- 1/4 cup Panko crumbs

### Dairy

- 5 tbsp Butter, unsalted
- 3/4 cup Cheddar, mild
- 1 Cheese can be a little, dry
- 3/4 cup Gruyere

- 1 1/4 cup Heavy cream
- 3/4 cup Monterey jack
- 1/3 cup Parmesan cheese
- 1 1/4 cup Whole milk

### Liquids

- 4 cups Water

- Heat the oven to 450°.
- Bake the lobster tails for 10 minutes, as described above.
- When the meat is just cooked, and the shells have turned a lovely pinky-red color, remove from the oven.
- Let them cool slightly, then remove the meat from the shells.
- Chop the lobster into bite-sized chunks, place in a bowl and smother with the rest of the melted butter from the baking sheet. Set aside.
- Now lower the oven temperature to 375°.
- Take a large pot, add the water, and some salt.
- Bring the water to a rolling boil. Add the pasta and cook according to the instructions on the package.

- Drain. Set the pasta aside.
- In a large bowl, mix all the shredded cheeses together.
- Add the olive oil to a pan and heat gently.
- Add the minced garlic and cook for 2 minutes, then add 3 tbsp butter and let it melt.
- Working quickly, whisk in the all-purpose flour to form a roux and cook for about 1 minute.
- Whisking continuously, gradually pour in the heavy cream and the whole milk.
- Next, add the onion powder, garlic powder, dry mustard, paprika, and cayenne, still continuing to whisk.
- Add salt and pepper to taste.
- Add half the shredded cheese and allow it to melt while continuing to stir.
- Once the cheese has melted down, turn off the heat.
- Place the pasta in a baking dish and stir in the beaten egg and ½ tbsp of melted butter.
- Now pour over the pasta as much of the cheesy, creamy sauce as you prefer. For an ultra cheesy mac and cheese, use all of it.
- Add half the meat and mix well.

- Spread the rest of the chunks of meat on the top of the dish. Finish off by scattering the remaining shredded cheeses, leaving the lobster pieces visible.
- If you love pulling cheese strings, add extra shredded cheese at this stage.
- Lastly, melt the final tablespoon of butter in a small bowl, add the panko crumbs, and mix well.
- Sprinkle the crumbs over the top and bake for about half an hour at 375°
- Allow to cool slightly for 10 minutes, sprinkle with fresh parsley or minced rosemary and enjoy!