



Recipes

PROGRAM 6 - SEGMENT 2

C & O Trattoria Recipe

LINGUINI WITH LOBSTER

Serves 2

INGREDIENTS

Linguini Pasta, sufficient for 2 serves (cooked al dente and drained)
2 Cups Slipper Lobster Tails, chopped
1 Cup Fresh Asparagus Tips
1 Cup Roasted Portobello Mushrooms
3 Cloves Garlic, chopped finely
2 Shallots, chopped finely
2 Cups Roma Tomatoes, chopped
2 TBLSP Butter
1 TBSP Olive Oil
¼ Cup Brandy
Pinch Salt

METHOD

Melt butter in a hot large pan. Add finely chopped garlic, shallots, lobster pieces to the pan and sauté for around 3 minutes. To the pan add Portobello mushrooms, asparagus tips and diced tomatoes.

Cook briefly then pour brandy into the pan and flame. Add generous ladle of prepared lobster cream sauce. Bring to the boil. Add hot pasta to the pan.

Season and serve with parsley garnish.



Recipes

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C & O Trattoria Recipe

LINGUINI WITH LOBSTER

Continued:

LOBSTER CREAM SAUCE

INGREDIENTS

¼ Cup Red Cooking Wine (Chianti)
½ Cup Cooking Cream
1 TSP Tomato Paste
½ Cup Lobster Mince
1 TSP Lobster Base
Salt & Pepper

METHOD

Melt butter in a hot pan. Add lobster mince and lobster base and sauté. Add tomato paste and red wine. Bring to boil and reduce sauce. Add cream to the pan and cook gently for 2 or 3 minutes.

All recipes displayed with kind permission from C & O Trattoria. Results may vary.