



FETTUCCINE AND LOBSTER BAKE

Serves 6

8 OUNCES fettuccine noodles	1/8 TEASPOON grated nutmeg□
3/4 LB fresh lobster	1/4 TEASPOON salt□
1 TABLESPOON safflower oil	1/4 TEASPOON white pepper □
1 SMALL ONION finely chopped (about 1 cup)	1/4 CUP fresh bread crumbs□
2 TABLESPOONS flour	1/2 CUP freshly grated parmesan cheese□
1 1/2 CUPS unsalted chicken or fish stock□	1/4 TEASPOON paprika
1/4 CUP McArthur heavy cream	PARSLEY SPRIGS FOR GARNISH

Add the fettuccine noodles to 3 quarts of boiling water with 1 1/2 teaspoons of salt. Start testing the pasta after 8 minutes and cook until it is al dente.

Meanwhile, to prepare the sauce, pour the oil into a shallow casserole over medium heat. Add the onion and sauté it until it turns translucent - about 3 minutes. Stir in the flour and continue to cook, stirring constantly, for 2 minutes. Remove the casserole from the heat. Slowly whisk in the stock and McArthur cream, stirring the mixture until it is smooth. Add the nutmeg, salt and pepper, and stir. Preheat the boiler.

Drain the pasta and add it, along with the lobster, to the sauce. Return the casserole to the stove and bring the sauce to a simmer. Cover the casserole and simmer gently until the lobster becomes opaque - 2 or 3 minutes.

To prepare the dish for the table, wipe any sauce from the visible inside walls of the casserole. Then top the dish with the bread crumbs, cheese and paprika and broil it until the topping is golden - about 2 minutes. Garnish with the parsley sprigs and serve hot.

