



Lobster Pasta with Herbed Cream Sauce

Pasta, Seafood

Prep Time: 20 minutes **Cook Time:** 40 minutes **Total Time:** 1 hour **Difficulty:** Medium **Servings:** 6

INGREDIENTS

- 4 medium lobster tails
- 2 tablespoons of oil
- 1/4 cup tomato paste
- 3 large plum tomatoes, chopped
- 1/3 cup dry white wine
- 2 tablespoons white wine vinegar
- 2 garlic cloves, sliced
- 2 fresh tarragon sprigs
- 1 fresh Rosemary sprigs
- 2 fresh Italian parsley sprigs
- 1 quart of heavy whipping cream
- 1 pound tagliatelle or pappardelle nests
- Salt and pepper to taste

DIRECTIONS

Lobster

Boil 6 cups of water to boil. Add lobster tails and cook for 4 minutes. Place lobster tails into a cold bowl of water to stop cooking. Once cool enough to handle (~5 minutes), cut the tails in half using food shears or a knife. Clean the meat, remove, and chop into bite-size pieces. Set meat aside and keep the empty shells.

Sauce

Heat oil in a large, deep sauté pan on medium-high heat. Add the lobster shells and sauté for 3- 4 minutes. Reduce heat to medium and add in the tomato paste. After stirring 1-2 minutes, add tomatoes. Cook for 3-4 minutes. Next, add the white wine, white wine vinegar, garlic, tarragon, rosemary, and parsley. Stir and cook for 2-3 minutes. Add cream and simmer for approximately 30 minutes occasionally stirring.

After simmering, remove all large solids and strain the remaining sauce through a fine strainer. Taste the sauce and add salt and/or pepper to taste then add the cooked lobster to the sauce.

Pasta

Cook pasta according to directions taking care not to overcook the pasta. Strain and put back into the pot. Add sauce and toss on low heat for 3-4 minutes.

NOTES

NOTE: This sauce can be made ahead of time and refrigerated. Simply heat slowly on low heat and add cooked pasta.