



PLATE PREP

Lobster Du Louis

Linguini, heirloom cherry tomatoes, roasted butternut squash, grilled fennel, crumbled feta, lobster-sherry, beurre blanc.

Box to Plate: 15 min. **Wine Suggestions:** White - Sancerre; Red - Russian River Pinot Noir



Ingredients:

lobster tail
pasta
cherry tomatoes
butternut squash
fennel
lobster sherry
sauce
feta crumbled
cheese

Essentials Needed:

boiling pot
sauté pan & lid
tongs
side plate or bowl
(for holding lobsters)

Steps:

1. Fill pot with cold water and place on stove, high heat
 - Place lobsters in boiling water for 3 minutes, while lobster cooks in water move to step 2.
2. Place sauté pan on stove over medium heat
 - Place lobster sherry sauce into heated pan above.
 - Bring to simmer.
 - Take lobsters out of water and add to sauté pan, use tongs
 - Turn heat to low. Cover for 7 minutes.
 - Add prepared vegetables to sauté pan above
 - Also add: pasta, butter
 - Let sit for 4 minutes on low heat



DESIGN YOUR PLATE

- With Tongs, remove lobster tails and put place in side plate/bowl.
- Pour pasta and other ingredients that have been prepared into two separate bowls as you wish to portion.
- With tongs place lobster tails in bowl over pasta.
- With a spoon or fingers, spread feta cheese over lobster and pasta
- **Plate & Serve.**