



Spaghetti Sauce with Lobster

Submitted by Marisa Parrella, Director of School Based Mental Health

Servings: This can feed up to 12 people with 2 pounds of linguine (with leftover sauce that freezes well)

Ingredients:

- 1 cup olive oil
- 2-3 heads of garlic, finely chopped
- 1 teaspoon red pepper flakes
- 1 cup Italian parsley, finely chopped
- 4 lobsters
- 6 cans (28 ounces each) San Marzano plum tomatoes
- 1 cup dry red wine
- ½ stick unsalted butter
- ½ teaspoon sugar
- 2 pounds linguine

Directions:

1. In about 1 cup of good olive oil, slowly sauté 2-3 HEADS of garlic, finely chopped (it's a lot of garlic) for about 10 minutes until melted but NOT brown. Use low-medium heat.
2. Add a teaspoon or more (to taste) of red pepper flakes. Stir.
3. Add 1 cup of finely chopped Italian Parsley. Stir.
4. Then add 3, 1-1.5 lb lobsters.
5. Prepare lobsters:
 - a. Before adding lobsters, you must kill them (we always buy them live).
 - b. Place live lobster, claws still banded, on a counter and stick a knife into the back of its head, and then chop off head.
 - c. Remove claws and tail from body and remove bands from claws.
 - d. Repeat with the other 3 lobsters.
6. Turn heat up a bit and add all the lobster parts. Then add another cup on finely chopped Italian parsley.
7. Braise the lobsters by turning them continuously until they turn red.
8. Once they are red, about 10-15 minutes braising slowly, add the 6 28-ounce cans of strained (though a sieve) San Marzano Plum Tomatoes. It should be enough to cover the lobsters completely. If it is not, add more!
9. Then add about 1 cup of good dry red wine and 1/2 stick of unsalted butter.
10. Let cook at a medium/low simmer for about 30 minutes, stirring so it does not stick.
11. Add 1/2 teaspoon of sugar if it tastes at all bitter. The lobster should create a sweet taste already so you may not need it.

12. Unlike many Italian sauces, this is not one that needs to cook long - the flavor is in the freshness of the sauce so don't overcook! Once done, lobsters should be cooked through - test one!

13. Serve with al dente linguine and do NOT add cheese. Add fresh parsley.

TIP: Can you eat the lobster? Of course! We pick all the meat out and add a small amount to top each plate of linguine. and of course, add more sauce to each serving. Use more lobster if your crowd wants more.