

# Club Mac Lobster Mac and Cheese

## Meet the Chef

JJ Gonson has been a locavore personal chef and caterer in the greater Boston area since founding Cuisine en Locale in 2005. Always with a mission to support local farms and farmers, JJ creates unique dishes for parties and families, drawing on a lifetime of traveling and tasting.

## About the Recipe

Mac and cheese makes a stellar vehicle for lobster. The great thing about this recipe is that you can take it in so many directions. Add veggies, or bacon, mac and cheese is the most delicious of comfort foods. It feels intimidating to make the sauce the first time, but once you have done it you will realize that it is really no big deal and that you have a great tool in your tool box for other dishes. Dive in and enjoy- your friends will thank you between bites.



*Chef JJ Gonson*



Recipe courtesy of  
JJ Gonson

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# The Recipe

(feeds 4)

## Ingredients:

8 oz uncooked dry macaroni or 12 oz uncooked fresh pasta

3 cups of warm milk

1/4 cup of melted butter

1 chopped white onion

4 cloves of chopped garlic

1 1/2 Tablespoons of flour

2 cups of grated sharp cheddar

Salt to taste

1/8 teaspoon each of nutmeg and black pepper

1/2 lb of lobster meat

1/2 cup of grated mild cheddar

1/2 cup toasted breadcrumbs

2 Tablespoons of melted butter



## Directions:

Cook pasta according to directions and set aside. In a saucepan warm the milk until little wisps of steam appear, but do not let it boil. In a flat pan with sides melt the 1/4 cup of butter and add the chopped onion and garlic. Sauté gently until it the onions are transparent fragrant, try to not to burn or crisp them.

Add all of the flour at once and stir into the butter so that it becomes a paste. Cook over low heat for 2 minutes, stirring to keep from burning. If you feel you need to then turn down the heat. This is called a roux and is the base of many French and cajun sauces.

Add the warm milk 1/2 cup at a time, incorporating it into the roux and stirring until it becomes thick. When the sauce thickens add more milk until it is gone. Take the sauce off the heat, let it cool for a couple of minutes and stir in the sharp cheddar until it melts. Do not do this on heat or the sauce will curdle, or “break”. When all of the cheese is mixed in add the nutmeg and pepper and salt to taste, pour the sauce over the pasta and mix well. Gently stir in the lobster meat and the mild cheddar after the sauce is mixed in.

Melt the 2 T of butter in a skillet over medium heat, toss in the bread crumbs and toast them until they are brown. Scoop the gooey mac mixture into a baking dish, top with the breadcrumbs, cover loosely with foil and bake for 1/2 hour. Remove the foil and return to the oven for 15 minutes to brown the top. For extra decadent goodness you can boil lobster shells to make a rich stock and stir it into the sauce, and I like to use brioche crumbs for an extra decadent topping. You can also use potato chips!

