

Lobster

Ravioli

in a Saffron Cream Sauce

(video @FishermansTable.com)

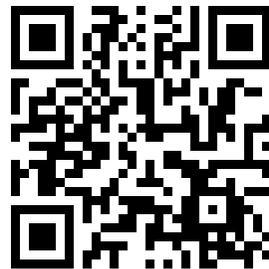
Homemade pasta is actually not that hard and can be made with muscles and a rolling pin. By making 'lobster rav' yourself you can make sure it's packed lots of fresh local meat! Saffron adds a beautiful color and exotic aroma. Watch the website video to see how it's done!

The Catch

2 chicken lobsters
½ cup of the liquid and 'white stuff' from inside lobster shells

The Groceries

2 cups flour
4 farm fresh eggs
olive oil
salt
pinch saffron threads
½ cup mozzarella cheese
season salt
black pepper
3 cloves garlic, minced
2 tbs lemon juice
¾ cup heavy cream
¾ tsp tarragon
2 Tbs cold butter



The How To

- STEAM your lobsters according to the timing in “BASIC STEAMED LOBSTER” (page 74). COOL.
- In a pie plate, COMBINE 2 cups flour with 1 tsp salt. PUSH flour to edges of pie plate, making a well in the middle. WHISK 3 eggs with 1 TBS olive oil and DUMP into the well. GRADUALLY PULL flour into egg mixture to make a dough. KNEAD dough for 5-10 minutes. REST dough for 1 hour.
- HARVEST the cooked lobster meat over a bowl, KEEPING any liquid and ‘soft white stuff’ that comes out of the shells. MEASURE ½ cup of this liquid/stuff. MICROWAVE 1 minute. CRUSH a pinch of saffron and SOAK in this hot liquid at least 20 minutes.
- CHOP lobster meat into bite sized pieces. MIX with one egg, ½ cup mozzarella, black pepper and season salt.
- ROLL pasta into sheets. MAKE and FILL ravioli, using a little water to glue edges together. SET finished ravioli on floured surface.
- BOIL water for pasta. HEAT 1 tablespoon olive oil in large frying pan over medium high. SAUTE garlic 30 seconds. ADD saffron liquid, 2 tablespoons lemon juice, ¾ tsp tarragon and ¾ cup heavy cream. SIMMER 5 minutes. ADD ravioli to boiling water and continue to simmer for 4 more minutes. STIR 2 tablespoons cold butter into sauce.
- DRAIN ravioli. MIX into sauce. SERVE with a garnish of fresh tarragon!

Yield: Dinner for 4.

Kitchen Time: Active 1+ hour. Rest time 1 hour.

In Season: Year-round.