

Lobster and Farro Risotto

Ingredients:

4 ea. Lobster, whole 1½ lb.

Ingredients:

1 lb. farro
8 ea. Shallots, peeled, sliced
2 ea. lemon zest, juiced
4 ea. garlic cloves, whole
1 gal. water
½ c. fresh oregano, rough chop
½ c. fresh basil, rough chop
3 Tbsp. olive oil
1½ c. virgin olive oil
2 c. heavy cream
8 oz. sweet butter
3 tsp. sea salt
2 tsp. cracked black peppercorns
12 oz. romano cheese

Preparation:

Using a large deep pot, fill with water and bring to a rolling boil. Add the lobster live. Cover and let boil for 20 minutes. Remove the lobster and let chill. Remove the lobster meat keeping the meat in whole to be able to slice the tail and serve the claws whole. Set aside.

Preparation:

Using a heavy sauce pan, place the 3 Tbsp. of olive oil and heat. Add the shallots. Cook until translucent. Add the whole cloves of garlic and toss to turn slightly brown. Add the farro. Toss into the oil. Add water. Bring to a boil. Simmer with a lid and cook till the farro is al dente. Add the cream, oregano, basil, lemon juice and zest. Cook for 15 minutes while stirring. Add in the lobster meat, virgin olive oil, butter, black pepper. Cook for 10 minutes on low heat. Stir in cold butter. Place into serving dish. Dress with sea salt and shaved romano cheese.



STEVEN MASTERSON
ParenteBeard LLC