

LOBSTER BORDIAVOLO

Lobster Bordiavolo is a slightly spicy Italian-like classic offspring that is perfect for a romantic birthday dinner but fancy enough for company. It is a lobster casserole with pasta in a sauce made from the cooperating elements of bordelaise, Fra Diavolo, and mornay. Add a green salad and perhaps a bottle of Pinot Grigio and you're dining like Rockefellers.

Sauce

2 tbsp olive oil
1 large shallot, diced fine
1 medium carrot, diced fine,
10 scallions, green part only, diced
2 tsp garlic, chopped
½ medium bell pepper, diced fine
1 large jalapeño pepper, seeds removed,
diced fine
1 cup mushrooms, sliced
1 (14.5-oz) can diced unsalted tomatoes
1 cup dry white wine
¼ tsp ground black pepper
½ cup marsala wine
1 tsp lobster base or fish bouillon cube
1 tsp ground bay leaf
½ tsp ground thyme
½ tsp tarragon
1 tsp low-sodium Worcestershire sauce
¼ tsp ground cayenne chile

Lobster

1 lb lobster, tail meat
¼ cup brandy
2 tsp cornstarch

Filling

½ cup fat free half and half cream
½ cup egg substitute (X)
2 tbsp cornstarch
½ cup grated kasseri cheese
½ cup Swiss cheese, grated

2 oz lower G. I. pasta

In a medium sized saucepan cook the shallot, carrot, scallions, peppers, and mushrooms until the shallot becomes limp. Add the remaining sauce ingredients and simmer for 15 minutes.

Add the lobster, cook for about 5 minutes, and remove it. Remove lobster meat from shells, cut into bite sized pieces, and reserve.

Add the cornstarch to the brandy, mix well, and add this to the sauce. When thickened and no taste of the starch remains, remove from heat.

Whisk eggs into half and half, then add cornstarch and whisk this in, as well. Fold in the cheese until uniformly mixed.

Cook pasta by package directions until *al dente*.

Grease an oven dish with oil. Then layer the pasta, lobster meat, a little of the sauce, and cover with the cream-egg-cheese mixture. Cover and bake at 350°F for 30 minutes, or until the eggs are set.