

VitalChoice®

WILD SEAFOOD & ORGANICS

Indulge in the Wild Sampler

- Wild Maine Lobster Tails
- Wild Pacific Spot Prawns
- Wild Atlantic Scallops
- Wild Salmon & Tuna Tataki
- Wild Chilean Sea Bass
- Wild Pacific King Salmon
- Wild Alaskan Halibut

Unforgettable Mac and Cheese

Serves 6-8

This creamy, dreamy, indulgent rendition of America's most iconic comfort food is generously laced with bitesize chunks of wild Maine lobster. Here we use wild Maine lobster tails, however shucked lobster meat, Dungeness crab meat, or Alaskan halibut would be equally sublime. Although this recipe calls for a combination of pasta and cauliflower, it's perfectly delicious when made with all cauliflowerer, all pasta, or your favorite gluten-free or grain-free pasta.

- | | |
|---|---|
| 15-ounce package whole shucked wild Maine lobster tails, thawed | 1 tablespoon Dijon mustard |
| 8 ounces small shell pasta or elbow macaroni | 2 teaspoons kosher salt |
| 4 cups cauliflower florets (1 medium head) | ½ teaspoon black pepper |
| 5 tablespoons butter, divided | ¼ teaspoon ground nutmeg |
| 1 medium shallot, chopped | ¼ teaspoon red pepper flakes |
| ½ cup all-purpose flour | ½ cup dry breadcrumbs or panko |
| ½ cup dry white wine | ¼ cup grated parmesan cheese |
| 3 cups whole milk, heated | 2 tablespoons butter, melted |
| 4 ounces Monterey Jack, shredded | 1 tablespoon chopped fresh herbs, such as parsley, dill, or thyme |
| 2 ounces Gruyère, shredded | ¼ teaspoon black pepper |
| 2 ounces Comté, shredded | |
| 2 ounces sharp cheddar, shredded | |

Preheat oven to 375° F and place rack in the center of oven. Butter one 9x12 ovenproof baking dish, or several ramekins, cocottes, or mini au gratin baking dishes.

In a medium pot on high heat, combine cauliflower with 4 cups water, and bring to a boil. Reduce heat, cover, and simmer until tender, about 10 minutes. Meanwhile, cook the pasta al dente per instructions on package. Drain cauliflower and pasta; set aside.

Remove lobster tails from packaging and cut into bite-size chunks. Melt 2 tablespoons butter in a large sauté pan on medium-high heat. Add lobster meat and sauté 2–3 minutes, stirring frequently, until just opaque. Cover and remove from heat.

Melt 3 tablespoons butter in a large saucepan over medium heat. Add shallots and sauté, stirring until slightly softened, 1–2 minutes. Whisk in flour until fully incorporated, 1–2 minutes. Whisk in the wine, and slowly whisk in milk. Bring to a simmer and continue whisking until sauce has thickened, about 10 minutes.

A handful at a time, whisk cheeses into simmering milk mixture allowing each addition to melt before adding the next. Add mustard, salt, pepper, pepper flakes, and nutmeg; stir to combine. Remove from heat.

In a large bowl, combine cauliflower, pasta, and cheese sauce. Fold in lobster meat and pan juices. Pour into prepared baking dish(es). In a small bowl, combine breadcrumbs, melted butter, parmesan cheese, and chopped herbs. Sprinkle atop the casserole and bake uncovered until bubbling and golden brown, 20–30 minutes.



Share your photos!

#cookingwithvitalchoice