



Lobster Fra Diavolo

Makes: 4 servings

Prep Time: 20 minutes Cook Time: 1 hour

Total Time: 1 hour & 20 minutes

Ingredients

- 6 lobster tails
- 6 tbsp olive oil, divided
- 1/2 cup brandy
- 1 medium onions, chopped
- 1 medium carrots, peeled and chopped
- 1 medium fennel bulbs, chopped
- 4 garlic cloves, crushed
- 2 tbsp finely chopped drained Calabrian chilies
- 1/2 tsp red pepper flakes, plus more for serving
- 2 tbsp tomato paste
- 1 cup dry white wine
- 2 (28-ounce) cans of crushed tomatoes, (preferably San Marzano)
- 1 pound spaghetti
- 2 tbsp unsalted butter, cut into pieces
- 3 tbsp finely chopped parsley
- 1 tbsp fresh lemon juice
- lemon wedges (as a garnish)

Instructions

Split lobster tails down lengthwise (the back, softer side) with a sharp knife. Set aside.

Heat 3 tablespoons olive oil over medium high heat in a Dutch oven or heavy pot that is big enough to hold pasta. Season lobster tails with salt and sear lobster until shells are bright red, about 6-8 minutes. Do not overcrowd them (you may have to do this in batches, adding more oil if necessary). Transfer tails to a rimmed baking sheet. (This can be done 6 hours ahead).

Remove pot from heat and add brandy. Return to heat and cook, scraping up browned bits and cook until the smell of alcohol is gone, about 2 minutes. Transfer brandy mixture to a small bowl.

Pick lobster meat out of 2 of the lobster tails, and cut into chunks or slices. Try to keep shells in as large pieces as possible. Reserve shells and place the meat along with the whole tails in a container. Chill until ready to use.

In a food processor, finely chop the onions, carrots and fennel separately and place in a bowl.

Wipe out pot and heat remaining 3 tablespoons olive oil over medium heat. Cook vegetables, stirring occasionally, until slightly softened, about 8-10 minutes. Add garlic, chilis, and 1/2 teaspoon red pepper flakes, cooking and smashing the garlic with a wooden spoon, until fragrant, about 2 minutes. Stir in the tomato paste, season with salt and stir until slightly darkened, about 3 minutes.

Add wine and reserved lobster shells; bring to a simmer and cook, stirring occasionally until reduced by 1/3, about 2 minutes. Add the crushed tomatoes and bring to a simmer. Reduce heat and cook, stirring occasionally, until sauce is slightly thickened, 10-15 minutes. Discard lobster shells. At this point you can put this in the refrigerator if you want to make in advance.

Cook pasta in a clean pot according to directions, and very al dente. Reserve 1 & 1/2 cups pasta water after cooking, before draining.

Add butter, chilled lobster meat, tails, pasta, brandy mixture, and 1 cup of pasta water to sauce. Cook together adding more pasta water if necessary, until all the sauce coats the pasta. Use a heavy hand making sure all of the ingredients are well combined.

Add parsley and lemon juice, then transfer to a platter, arranging extra tails on top. Or, serve straight from the pot.

Garnish with lemon wedges.

Chef's Note:

If you don't like a spicy sauce, just eliminate the chilies and chili flakes. The sauce will still be delicious, just not Diavolo!

Recipe by Polly Ruth