

# GOURMET FISHING

Season II - Episode XIV



INFO-SHORTS



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## Lobster Diablo

Lobster Fettuccine with a  
Sherry Pasta Sauce



Host, Chef & Guide, David Murray





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## Grocery List

Marinara Sauce

Sherry

Balsamic Vinegar

Fresh Basil

Heavy Cream

Parmesan Cheese

Salt & Pepper

Lobster Tail

Butter

Granulated Garlic

Olive Oil



**Marinara Sauce**

# Lobster Diablo

## Lobster Fettuccine with a Sherry Pasta Sauce

used exclusively at Abaco's Bar and Grill

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Serves 4



28 ounces Abaco's Marinara Sauce,  
see recipe on page 6

1/2 cup Sherry

2 TBS Balsamic Vinegar

1 1/2 TBS Tomato Paste

Salt to taste

Pepper to taste, course ground

1/4 cup fresh Basil, chopped

1/2 to 3/4 cup Heavy Cream

1/4 cup Grated Parmesan cheese

1 - 5 ounce lobster tail per person

1 TBS butter per lobster tail

Salt and pepper to taste

Granulated Garlic to taste





# Lobster Diablo



**B**ring the marinara sauce up to a simmer in a large pan. Add the sherry and balsamic vinegar and then combine using a whisk. Let the sauce cook over medium low heat for about 5 minutes. Cook your pasta per the directions on the package.

While the sauce is simmering, heat a small pan up to heat over medium high heat. Using a chef's knife, cut the lobster tail in half lengthwise. Remove the meat from the shells. Place the pieces of meat side by side and cut into bite size pieces. Add 1 Tablespoon of butter per tail to the pan and let the butter begin to bubble. Add the lobster to the pan. Salt, pepper to taste and then add the granulated garlic to your taste. Ok the lobster for about 4 to 5 minutes tossing a couple of time. Remove the lobster pan from the heat and it's time to finish the sauce.

Add the tomato paste the sauce and whisk to combine. Add the minced or chiffonade basil and stir in to combine. To use the chiffonade technique, place the basil leaves on top of each other, and then roll the leaves together. Then thinly slice the basil. Add the heavy cream and whisk gently to combine. The sauce will turn a light red or orange. Bring the sauce back to a simmer. Add the cheese and stir to combine.

Place a serving of pasta on your plate and spoon the diablo pasta sauce on top of the pasta. Using tongs or a fork, place the lobster bites on top of the sauce and garnish with chopped basil and a small sprig of basil.



# Marinara Sauce

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## Ingredients

1 - 28oz can Whole Peeled Tomatoes,  
preferably San Marzano

1/4 Cup Olive Oil

4 Cloves Garlic, Microplaned

1/4 tsp Cayenne Pepper

1/2 Grated Sweet Onion

1 Large Basil Sprig

Salt to Taste

Sugar to Taste, Optional

**I**n a large skillet, add 1/4 cup olive oil and heat to medium. Grate the onion and add to the oil. lightly sauté for about 2 minutes. While the onion is sautéing, grate the garlic with a microplane. Add to the onions and sauté them for about 30 seconds. Do not let the garlic brown.

Crush the tomatoes using your hands. Add the tomatoes to the onion mixture. Stir the tomatoes until all are combined. Bring back to a simmer and then add the basil sprig. Give it a quick squeeze to begin the flavor extraction. Let the basil simmer on top of the sauce for an additional 2 minutes. Stir the basil into the sauce and then let simmer/cook for about 15 minutes.

Transfer to a bowl and use a hand mixer, blender or food processor to completely combine and make smooth. If you prefer a chunkier or more hardy sauce, you may omit using the hand mixer, blender or food processor. Taste the sauce and adjust to taste. You may add a little sugar if required.

Let cool and place in a jar for storage.



# Lobster Diablo

## Lobster Fettuccine with a Sherry Pasta Sauce



# Gourmet Fishing



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