

THE FLEXITARIAN COOK

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Lobster Ravioli

Makes about 36 2" round ravioli

For the pasta:

3 cups flour

4 eggs

1 tsp olive oil

½ tsp salt

Beat eggs and oil together, and mix with dry ingredients until well blended (you can do this by hand or in a food processor). Knead briefly and form into a ball. Wrap in plastic and let rest in the fridge for at least one hour.

For the filling:

One 1.5 lb live lobster

½ lb cooked shrimp, tails removed

½ cup finely diced celery (1 stalk)

¾ cup finely diced carrot (about 1 medium)

2 large shallots, finely diced

1 Tbsp tomato paste

1 small bottle clam juice

2 cups vegetable (or chicken) broth

2 Tbsp chopped parsley

1.5 tsp corn starch

1 cup heavy cream

Freshly ground black pepper to taste

Steam lobster over boiling salted water until the lobster is bright red (this should take no more than 10 to 15 min). Let cool, then remove flesh from the shell. Chop the lobster meat and the shrimp in small pieces.

In a large saute pan, gently cook the shallots, carrots and celery over medium-low heat until they start to color. Add clam juice and tomato paste and mix well. Add broth and parsley. Bring to a boil, then lower the heat and let simmer for 10 to 12 min. Add cream, lobster and shrimp. Mix starch in a little bit of water and add to pan. Keep stirring and cook gently until the mixture thickens a bit. Remove from heat and let cool. It will continue to thicken as it cools.

Assembling the ravioli: On a floured surface (and with the help of your pasta machine) roll out the pasta dough into thin sheets. Place one sheet on counter and drop small mound of filling (about 1 tsp worth) about 3" apart. With a pastry brush, wet the spaces between the filling and place another sheet of pasta on top. Being careful not to create air bubbles inside the ravioli, press pasta layers together. Using a cookie cutter or small glass, cut ravioli into 2" rounds. Press edges together firmly to seal. Place assembled ravioli on floured parchment paper.

Cooking: Place ravioli in boiling water and let cook approx. 3 min. Toss with brown butter (butter that has been melted over medium heat and briefly cooked until slightly browned – not burned) and serve.