

# Cooking with the Club

by Chef Robert Larios



## Send Us Your Recipes!

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## Lobster and Scallop Fettuccini Alfredo a la Valentine's Day

Here's a special recipe that can be made for your sweetheart they will especially love on Valentine's Day – fettuccini alfredo with lobster and scallops. There are more ingredients in this recipe than in previous columns, but embrace them! It makes this recipe magically delicious.

There is much room for substituting ingredients including shrimp for lobster, cayenne pepper for red pepper flakes, and pappardelle pasta for the traditional fettuccini.

Also, as a bonus this month, I'm introducing a recipe from **Terry Gray, General Services** – Terry's Spicy Macaroni and Cheese. Thanks for sending it in, Terry!



### DIRECTIONS:

#### Terry's Spicy Macaroni and Cheese

##### Terry's Spicy Macaroni and Cheese

###### INGREDIENTS:

- 1 block 8 oz. pepper jack or jalapeno cheese
- 1 16 oz. sharp cheddar cheese block
- 2 eggs
- 3/4 cup milk
- 1 lb small elbow macaroni
- Salt and pepper



- Use a heavy medium pot. Fill with water about half way. Bring water to a boil, and put in a little cooking oil (to prevent macaroni from sticking together.) Stir in the macaroni and stir occasionally.

- Don't cook the macaroni all the way; taste occasionally to make sure the noodles are firm. (They will finish cooking in the oven). Strain macaroni into a colander.

- Butter a baking dish, approximately 15 inches by 9 inches.

- Put a layer of macaroni into the dish.
- Layer with both cheeses generously.
- Add black pepper and seasoned salt.



- Continue layering until the dish is full, making sure the last layer is cheese.

- Mix eggs and milk in a measuring cup and whisk.

- Pour egg wash over noodles evenly.

- Cover the dish with foil, and pop into the oven at 350 degrees.

- Check every 10 minutes or so.

- After all the cheese is melted and the macaroni is bubbling, remove from the oven.

**Note:** If you like a little brown crust on top, remove the foil and let the dish stay in the oven for approximately five additional minutes, keeping an eye on your dish. (Nobody likes burnt mac and cheese.) Enjoy!

### DIRECTIONS:

#### Lobster and Scallop Fettuccini Alfredo



Place the lobster, scallops and olive oil in a saucepan on medium heat. Cook for about 10 minutes so that the frozen lobster and scallops are cooked through. Add a pinch of salt and pepper.



Add the garlic, onion, cinnamon, parsley, basil, thyme, and red pepper flakes and another pinch of salt and pepper. Stir and let simmer for about five minutes, then add the Alfredo sauce.



Cook your pasta, strain and return to the large pot. Add the Alfredo sauce. Mix lightly while adding more green onions, parsley and olive oil.



Plate the pasta and add the diced red pepper and parsley for decoration. Don't forget the Parmesan cheese!



Chef Larios says, "Enjoy!"

##### Lobster and Scallop Fettuccini Alfredo

###### INGREDIENTS:

- 2 tablespoons extra virgin olive oil
- 1 cup lobster pieces (can be frozen)
- 1 cup scallops (can be frozen)
- 4 cloves garlic, minced
- 1/2 white onion, diced
- 1 teaspoon sea salt
- 1 teaspoon pepper
- 1 teaspoon cinnamon powder
- 2 cups Alfredo sauce (store bought is okay)
- 2 tablespoons dried parsley
- 1 tablespoon dried basil
- 1 teaspoon thyme
- A pinch of red pepper flakes
- 1/4 cup green onions (diced)
- 1 tablespoon red pepper (finely diced)
- 1 bag (about 8 oz.) dried fettuccine pasta (or similar)
- Grated Parmesan cheese, to taste
- Salt and pepper, to taste

Makes 2 Servings



###### Cooking TIDBIT:

If you don't have fettuccini pasta or you want to use another variety, do so. I use pappardelle, a very large and wide version of fettuccini.



### [ A Cook's Dictionary ]

#### Fettuccini Alfredo:

Roman restaurateur Alfredo di Lello is credited with creating this dish in the 1920s. The fettuccine is enrobed in a rich sauce of butter, grated Parmesan cheese, heavy cream and plentiful grindings of black pepper. Other noodles may be substituted for the fettuccine.

– From the *The New Food Lover's Companion*, Sharon Tyler Herbst, 1995, Barron's Educational Series.



### Food Factoid:

"There is one thing more exasperating than a spouse who can cook and won't – one who can't cook and will." – Robert Frost