

MEALTIME HELPER

MAKING MEALTIME EASY

Lobster Mac and Cheese - Shopping List

- **Pasta**
 - 12 oz (340 g) cavatappi, shells, elbow, or small penne
- **Seafood**
 - 1 lb (450 g) cooked lobster meat (or 2–3 lobster tails)
- **Dairy & Refrigeration**
 - 4 tbsp (60 g) unsalted butter (divided)
 - 2 cups (480 ml) whole milk
 - 1/2 cup (120 ml) heavy cream (optional)
 - 1 cup (100 g) sharp cheddar, grated
 - 1 cup (100 g) Gruyère or fontina, grated (or mix)
 - 1/2 cup (50 g) grated Parmesan or Pecorino (divided)
- **Pantry & Dry Goods**
 - 3 tbsp all-purpose flour
 - 1 cup panko breadcrumbs
 - 2 tbsp olive oil (or 2 tbsp melted butter) for breadcrumbs
 - Kosher salt & black pepper
 - 1 tsp Dijon mustard
 - Cayenne or smoked paprika (small pinch, optional)
- **Produce & Garnish**
 - 2 tbsp fresh parsley or chives (for garnish)
 - Lemons (for wedges, optional)
- **Optional add-ins / extras**
 - 1/2 cup roasted corn or frozen peas (optional)
 - 1 tbsp brandy or dry sherry (optional, for deglazing)
 - 1–2 tbsp cream cheese or mascarpone (optional, for extra richness)

Notes:

- If using raw lobster tails, buy 2–3 tails and cook/measure to yield ~1 lb cooked meat.
- Reserve ~1 cup pasta cooking water while boiling pasta to adjust sauce consistency.