

CAPE COD COMMERCIAL
**FISHERMEN'S
ALLIANCE**



Linguine with Lobster and Tarragon

Serves four.

Ingredients:

- 1 pound lobster meat (Cook lobsters and pick meat out beforehand, reserving a cup of the resulting cooking broth.)
- 3 Tablespoons olive oil
- 1/2 onion, chopped fine
- 2 garlic cloves, chopped fine
- hot red pepper flakes, to taste (optional)
- 1 can chopped tomatoes, or whole peeled tomatoes, chopped coarsely
- 2 oz. white wine
- salt, to taste
- 1 Tablespoon tarragon, either fresh chopped or dry
- 4 oz. heavy cream
- 8 oz. lobster broth (You may not use all of it.)
- 1 pound linguine

Put olive oil in a skillet on medium-low heat. The skillet should be big enough, so that later it will accommodate the cooked linguine. Add chopped onion and sauté until it becomes soft and translucent. Add garlic, and hot red pepper flakes if desired, and cook until garlic softens. Add tomatoes, stir together and increase heat to medium-high. Add white wine and bring it to a slow simmer. Cook for 15-20 minutes. Season with salt to taste.

Cook linguine in salted water according to directions on package, but cook only until al dente.

Right before pasta is done, add the tarragon, lobster meat and heavy cream to the sauce and stir. Strain pasta well and add it to the sauce in the pot. Turn heat to high and add lobster broth a bit at a time to thin and finish cooking the linguine in the sauce. (You won't use all of the broth.) The sauce will come together, a little creamy; you don't want it to be thick. If it is, add more lobster broth. Toss well and serve with fresh snipped tarragon as a garnish on top.

Buon appetito!