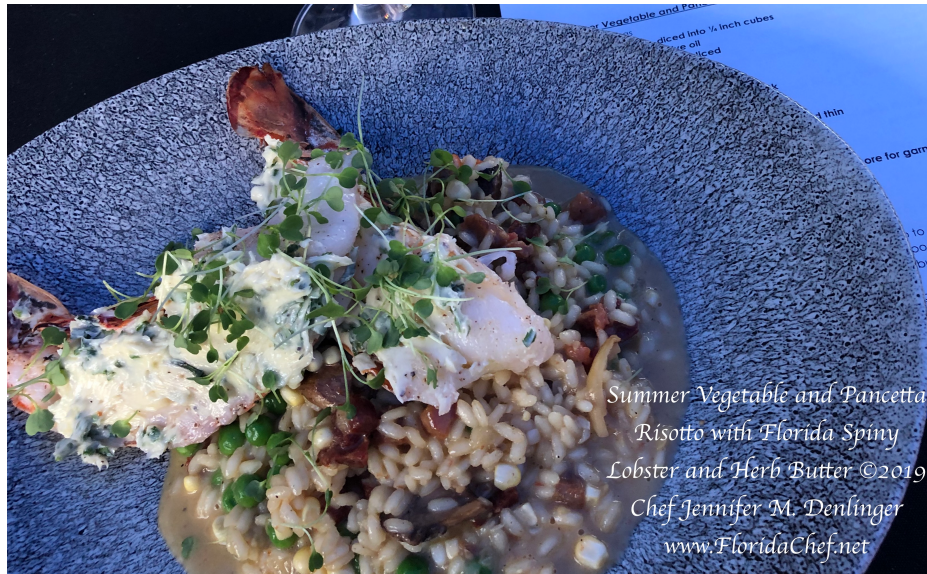


Summer Vegetable and Pancetta Risotto with Florida Spiny Lobster and Herb Butter



Serves 5 as a Main Course, 10 as a Side Dish
Prep Time 30-45 Min

Risotto Ingredients

¼# pancetta, diced into ¼ inch cubes**
1 oz Extra Virgin Olive Oil
1 cup finely diced white onions
1 clove roasted garlic
1# Arborio or Carnorli Rice (risotto rice)
2 oz. dry white wine
2 qts hot vegetable or chicken stock
2 ears corn, kernels cut off the cob
10-12 roasted cherry or grape tomatoes
10 Shiitake mushroom caps (no stems), sliced thin
½ cup fresh peas
2 oz butter, chilled, and cubed
1 tablespoon minced fresh chives
3 oz grated fresh Parmesan cheese, (not dried)
Kosher salt to taste
Freshly ground black pepper to taste
grated fresh Parmesan cheese for garnish

Herb Butter Ingredients

1 stick unsalted butter, softened to room temperature- not melted
¼ tsp. kosher salt or to taste
2 springs fresh tarragon
1 sprig fresh basil

10 sprigs fresh parsley
approximately 10 fresh chives
2 cloves minced fresh garlic

Spiny Lobster Tail Ingredients

1 spiny lobster tail person, split oblong in the tail (ask your fish monger or butcher to do this)

Kosher salt to taste

Freshly ground black pepper to taste

1 lemon wedge per person

Risotto Procedure

1. Place pancetta in a cold sauté pan. Bring up to medium heat, stirring occasionally.
2. Render pancetta until crispy. With a slotted spoon, remove pancetta to a plate lined with paper towels, and set aside. Discard all but 1 tablespoon grease, and set aside.
3. Heat Extra Virgin Olive Oil in a separate, straight sided, heavy bottom sauté pan over medium heat. Add the onions and sauté until soft. Do not brown. Add the roasted garlic.
4. Add the rice and sauté until well coated with fat. Season with salt to taste and freshly ground black pepper to taste.
5. Add the wine. Stir until all the wine has been absorbed.
6. Using a 4 oz ladle, add one ladle of stock to the rice. Stir the rice over medium heat with a wooden spoon until the stock is absorbed, and the rice is almost dry. It is important to stir the risotto constantly in order to extract the starch from the rice.
7. Add another ladle of stock and repeat procedure. Do not add more than one ladleful of stock at a time.
8. Continue procedure until all stock has been added and the risotto is tender, but not mushy. This should take about ½ an hour.
9. Use the reserved rendered pancetta fat to sauté your mushroom caps.
10. Add the sautéed mushroom caps, corn kernels, rendered pancetta, and roasted tomatoes to the risotto. Stir until hot. Stir in the peas.
11. Remove from the heat. Stir in the cold butter, chives, and Parmesan cheese. Stir until completely melted, and creamy.
12. Taste and adjust seasoning with salt and pepper

** Pancetta is the Italian version of bacon. It is made from sides of pork belly and curled into a tight roll and wrapped in casing to hold its cylindrical shape. It is cured with salt and a lot of pepper, but not smoked. If Pancetta is unavailable, then thickly sliced bacon that has been diced can be substituted.

Herb Butter Procedure

1. Strip all the herbs off their stems. Chop thoroughly.

2. In a bowl mix the butter and salt until smooth. Add the herbs and garlic and mix well.
3. Yields about 5 oz. Extra butter can be wrapped tightly and frozen.

Spiny Lobster Procedure

1. Preheat a grill until hot.
2. Open the lobster shells so they sit flat.
3. Evenly spread about 1 tbsp. the softened herb butter over each of the lobster tails' meat. Lightly season each lobster tail with salt and pepper.
4. Grill the lobsters shell side down.
5. Remove lobsters from grill and let cool slightly in a dish. Squeeze with fresh lemon juice.
6. If desired, brush with the a little of the remaining butter.

Plating

1. Spoon a heavy portion of risotto on the bottom of a deep dish. Garnish with grated parmesan.
2. Place one lobster tail on the risotto. If desired, spoon extra of the melted butter on top of the lobster tails.
3. Serve immediately.