

# Lobster Mac & Cheese

Yield: 5 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-lobster-mac-and-cheese-recipe>

## Ingredients:

- 3 pounds lobsters live
- 2 cups canola oil
- 1 tablespoon paprika
- 12 ounces elbow macaroni
- 1/2 cup white wine
- 1/2 cup white wine vinegar
- 1 tablespoon black peppercorns
- 1 shallot large, sliced
- 1/2 cup heavy cream
- 24 tablespoons butter cut into cubes
- salt
- white pepper
- 8 tablespoons butter
- 8 ounces mascarpone cheese
- chervil for garnish, optional

## Nutrition:

1. Calories: 1520 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 625 milligrams
4. Fat: 115 grams
5. Fiber: 4 grams
6. Protein: 59 grams
7. SaturatedFat: 63 grams
8. Sodium: 1350 milligrams
9. Sugar: 5 grams

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