

Lobster, Crab and Shrimp Macaroni and Cheese

Yield: 7 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/black-pepper-crab-recipe-indian>

Ingredients:

- 1 pound penne pasta or Large Elbow Pasta
- 3 cups whole milk
- 2 cups half & half
- 1 tablespoon butter
- 2 tablespoons extra virgin olive oil
- 1/4 cup onion diced
- 1 tablespoon fresh thyme chopped
- 2 cloves fresh garlic finely minced
- 3 tablespoons all-purpose flour
- kosher salt To Taste
- black pepper To Taste
- 2 tablespoons all purpose seasoning Grand Diamond
- 3 teaspoons hot sauce or Tabasco
- 2 teaspoons crab boil Liquid, optional, careful, it can be spicy but it adds a nice seafood flavor
- 3 cups Gouda cheese or Monterey Jack Cheese, grated
- 3 cups muenster cheese or Mild Cheddar Cheese, grated
- 1 cup Gruyere cheese a little less than 4 Ounces, grated
- 1 pound shrimp raw, deveined, tail removed, Size 14-16 or 31-40
- 3/4 pound lobster raw or pre-steamed, chopped into chunks, 3 to 4 small lobster tails will do
- 3/4 pound crab lump, your choice
- nonstick cooking spray optional