

Lobster Andouille Sausage and Grits

By Hilary Mallette

Cook Time: 45 minutes

Ingredients:

Lobster:

- 4 Lobster tails
- 1 tablespoon of Tone's Cajun seasoning
- 1 tablespoon of paprika
- 1 tablespoon of Italian seasoning
- 1 tablespoon minced garlic
- 2 tablespoons of butter

Grits:

- 2 cups water
- 2 chicken bouillon cubes
- 2 tablespoons of butter
- 1 cup of grits
- 1 ½ tablespoons of tomato paste
- ¾ cup of heavy whipping cream
- 2 hand full of cheddar cheese (can use white or yellow cheddar)

Sauce:

- Remaining juices in the pan from lobster
- 2 tablespoons of butter
- 3 tablespoons of all-purpose flour
- 1 cup of water
- 1 chicken bouillon cube
- ½ cup of heavy whipping cream
- 1 ½ teaspoon of Worcestershire sauce
- Tabasco hot sauce to taste
- 1 Lb. of andouille sausage sliced

Directions:

1. Take kitchen shears and cut lobster tails starting from the tail fan and cut up the length of the back to the top where the body of the lobster would be. Then take a knife and cut through the meat until the tail is cut through into two pieces.
2. Season the lobster tails with the Tone's, paprika and Italian seasoning and set aside.
3. Heat butter in a skillet until melted and add the minced garlic. Cook until garlic becomes

fragrant. About 1-2 minutes.

4. Add the lobster tails meat side down and sear for about 2 minutes.

5. Flip lobster tails over and cover pan with a lid. Cook for a further 2 minutes or until shell is red in color.

6. Remove lobster tails from pan (keep the juices in the pan for later) and set aside on a plate. Lightly cover with tin foil to keep warm.

7. Make the grits. In a medium sauce pan, bring water, butter and bouillon cubes to a boil. Add your grits and stir occasionally until cooked. About 5 minutes. Add tomato paste, heavy cream and cheese and stir together for another 2 minutes. Remove from heat.

8. Sautee the sausage in a separate pan until crispy on the edges and set aside.

9. Make the sauce. Using the pan you cooked the lobster tails in add butter to your remaining juices and melt. Once butter is melted add the all-purpose flour and cook stirring constantly for about 2-5 minutes or until turns golden brown in color.

10. Add water and bouillon cube to roux mixture and stir constantly until thickened. Then add heavy cream stirring constantly until smooth.

11. Stir in Worcestershire sauce and Tabasco sauce. Remove from heat.

12. Remove lobster meat from shells and fold into sauce. Fold sausage into sauce.

13. To serve place large spoonful's of grits to bowl and top with two pieces of lobster meat and drizzle with sauce making sure you get several pieces of sausage. Enjoy!

a. This dish pairs well with a simple Crostini