

## Baja Spaghetti



Need:

- ☐ 1 pack **Spaghetti**
- ☐ 1 1lb. live or frozen **Lobster** or **Langostino** meat
- ☐ 3 tablespoon **Olive oil**
- ☐ 1 **Shallot**, small, finely chopped
- ☐ 2 cloves **Garlic**, minced
- ☐ 1 tablespoon **Sweet Basil**, chopped
- ☐ 1 teaspoon **Sugar**
- ☐ 1 cup **White Wine** (*BV Sauvignon blanc*)
- ☐ 4 **Plum Tomatoes**, seeded, chopped
- ☐ 4 **Parsley**, chopped
- ☐ **Salt & Pepper** to taste

If using frozen **Langostino**, thaw and start preparation upon the 4<sup>th</sup> step.

- ☐ There are a lot of ways to prepare the **Lobster**, I do it the old fashion way. Heat a large pot with **Boiling** water, and place the **Lobster** in head first. Leave in water for no more then 2 minutes.
- ☐ When ready remove from pot, let cool, and twist off tail, claw joints, and claws. Use a fork or pick to get to the meat. Do not use the white gills on the bottom, dark veins, green, red roe, or cartilage.

- ☐ Once meat is removed cut into bite size pieces.

### What you want is the tail and claw meat.

- ☐ In a frying pan and with a wooden spoon, over medium heat add **Olive oil**; once **Oil** is hot add thawed/fresh **Lobster** or **Langostino**, **Shallots**, **Garlic**, **Sweet Basil**, and **Sugar**.
- ☐ Lower heat and cook for about a minute, stirring all the while, then add **Wine** and cook for 3 minutes.
- ☐ Stir in **Tomatoes**, crushing and breaking them up with a spoon. Cook for 10 minutes.
- ☐ In a large boiling pot of salted water, cook **Spaghetti** until tender, al dente, around 10 – 13 minutes.
- ☐ Drain pasta, spoon onto plate and spoon sauce over pasta.
- ☐ Sprinkle with **Parsley**.

Serves.