

MY HUSBAND COOKS:

A TASTY LOOK AT THE FOOD HE MAKES AND I EAT.

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Lobster & Beer Risotto

Yield: 4 large servings, or 8-10 side servings

Time: 45 min

Ingredients:

3 lobster tails (6")

2 cups Arborio or Vialone Nano rice

3 cups water, seafood or chicken stock (warm or at least room temperature)

12 oz. pilsner or hefe weizen (wheat) beer (preferably warm)

1 stick butter

1 large onion (diced)

3 cloves garlic (minced)

1/2 cup fresh grated parmesan

1/4 cup fresh Italian parsley (chopped)

2 Tbsp. fresh lemon thyme (chopped)

2 Tbsp. marjoram (chopped)

1 Tbsp. honey

pepper or grains of paradise

salt

Directions:

1. Making the lobster tails. Preheat your broiler to high and set your rack to about 8"-9" from the heat. Place the lobster tails on a baking sheet with shell side up. Place under the broiler for 4-5 min. You want to check about midway through to see if they are cooking evenly. If you have just an under-oven broiler, check after about 3 min. You don't want the shells to burn, and being slightly under cooked is what we are going for since we are going to reintroduce the meat into the risotto later. Let the lobster cool for 5 to 10 min., then remove the shell. Cut lobster into medallions of meat, about 4 to 5 pieces per tail.

2. In a large pan over medium heat, melt the butter. Once the butter has melted and stopped frothing, add the onions, and salt liberally. Let cook for about 3 minutes and then add the garlic. Continue to cook for about another 3 minutes or until the onion is just about to turn brown.

3. Add the rice to the mixture and begin to let the rice toast. You want it to absorb all of the butter; continue to stir regularly for about 5 min. You should start to get a nice nutty aroma from the rice.

4. Once the rice is lightly toasted, add the beer and stir. When the bubbles have completely gone, stir again, making sure the rice is completely covered. Continue to stir occasionally until all the beer is absorbed and the rice begins to feel dry.

Note: If you used cold beer, you will want to turn up the temperature of the stove briefly to bring the temperature back up on both the rice and the beer.

5. Once the beer has been absorbed, add a cup of broth, the lobster and the herbs. Stir regularly. Once the rice has absorbed these liquids, add another cup of broth. Really, at this point you are using your judgment. The goal is to get the rice soft, cooked, and slightly al dente. It could take as much as 3 cups, but really it's best if you use your judgment. You need to taste it regularly.

6. Once the risotto has reached the right consistency, add the parmesan and honey. Salt and pepper to taste. Turn off the heat. Cover and let rest for about 3-5 min. Serve while still hot. Enjoy!