



## Smoked Gouda Alaskan King Crab Mac 'n' Cheese

Recipe Adapted from Delmonico's NYC

<http://www.delmonicosrestaurantgroup.com/restaurant/>

Torchio pasta is so named because it looks like a little torch. But you can use any curly macaroni that will catch and hold all that rich, cheesy sauce.

When buying the Alaskan King Crab, remember to account for the weight of the shells. You will need to buy 1 1/4 pounds to end up with 3/4 pound crabmeat.

Total Time: 1 hour 30 minutes

Prep Time: 30 minutes

Inactive Time: 20 minutes to boil water

Cook Time: 40 minutes

Level: Intermediate

Yield: 6 to 8 servings

### Ingredients:

- 1 pound of Torchio pasta
- 2 tablespoons of olive oil
- 8 tablespoons of butter
- 2 shallots, finely diced
- 4 scallions, sliced thin on bias
- 1 cup of small red and yellow peppers, diced & mixed (about 1/2 of each pepper)
- 4 cloves of garlic, chopped
- 2 tablespoons of Italian parsley, chopped
- 1 tablespoon fresh thyme, chopped
- 3/4 pound of Alaskan King Crab, shelled & cleaned
- 2 cups 2% milk
- 1/2 cup of non-fat half and half
- 2 bay leaves
- 3 tablespoons of all-purpose flour
- 1/8 teaspoon grated nutmeg
- 1/2 cup smoked Gouda cheese, grated
- 1 1/4 cup of Parmesan cheese, grated
- 1 cup of panko crumbs
- Salt & freshly ground pepper



**Directions:**

**For the Pasta:**

Bring a large pot of salted water to boil. Add the pasta and blanch for about 5 minutes. Drain the pasta, shock with cold water, drain again and set aside.

**For the Vegetables:**

In a medium saucepan, heat oil and 2 tablespoons butter over medium heat. Add shallots, scallions, red and yellow peppers, garlic, parsley and thyme. Season with salt and pepper and cook until vegetables soften, about 3 to 4 minutes.

Remove from heat, and gently fold crab into vegetable mixture, set aside.

**For the Cheese Sauce:**

In a small saucepan or microwave, heat together the 2% milk, non-fat half and half and the 2 bay leaves. Heat until steamy but not boiling. Remove bay leaves before using.

In another saucepan, melt 4 tablespoons of butter over a low heat. Whisk in flour and cook for 1 to 2 minutes to cook out the flour taste.

Slowly whisk in the hot milk, making sure to avoid lumps. Season with nutmeg, salt, and freshly ground pepper. Cook until sauce thickens and can coat the back of a spoon, about 2 to 3 minutes. Stir in the 1/2 cup smoked Gouda and 1 cup Parmesan cheese. Remove the saucepan from the heat and continue stirring until all the cheese has melted into sauce.

**For the Panko Topping:**

Melt the remaining 2 tablespoons of butter. Toss the melted butter with the Panko crumbs. Set aside.

**To Assemble Mac 'n' Cheese:**

Pre-heat the oven to 375 degrees F.

Combine the pasta with the hot cheese sauce until well mixed. Fold in the crab-vegetable mixture.

Transfer mac and cheese into a large baking dish.

Sprinkle the top with the buttered Panko topping. Sprinkle with remaining 1/4 cup Parmesan cheese.

Bake in pre-heated oven until mac and cheese is heated through and the crust is golden brown, approximately 15 to 20 minutes.

Serve while bubbling.



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### \*Nutrition Analysis and Facts

Per Serving

<b>Nutrient</b>	<b>Rounded Nutritional Value</b>	<b>FDA Daily Values</b>
Calories	490	0
Total Fat	26 g	39%
Saturated Fat	14 g	70%
Polyunsaturated Fat	1.0 g	0 g
Monounsaturated Fat	8 g	0 g
Trans Fat	1 g	0 g
Cholesterol	85 mg	28%
Potassium	340 mg	10%
Sodium	890 mg	37%
Carbohydrate	40 g	13%
Fiber	3 g	12%
Sugar	6 g	0 g
Protein	25 g	49%
Vitamin A	1157 IU	25%
Vitamin C	41 mg	70%
Calcium	408 mg	40%
Iron	1 mg	6%
Vitamin E	1 mg	4%
Vitamin K	35 mcg	45%
Vitamin B 6	0 mg	10%
Folate	44 mcg	10%
Vitamin B 12	5 mcg	80%
Phosphorus	386 mg	40%
Zinc	4 mg	30%
Vitamin D	0 mcg	0%

\*Via FoodCare, Inc.