



# EPICOT INTERNATIONAL FOOD & WINE FESTIVAL

Saturday, November 9, 2013 Culinary Demonstration 1:00PM

**Nicholas Crispino**

Cinderella's Royal Table, Magic Kingdom®, WDW

Not the Chef  
we expected!

Iron Horse Vineyards, Green Valley of Russian River Valley, California

*Iron Horse Estate Chardonnay*

## Butter Poached Lobster Ravioli with a White Wine Butter Sauce

Servings: 4

1 pound fresh ricotta, drained if wet (*cheese cloth*)  
1 teaspoon freshly grated lemon zest (from about ½ a lemon)  
1 cup freshly grated Parmigiano-Reggiano, plus more for serving  
1 large egg, plus 1 large egg lightly beaten with 2 tablespoons water  
Salt and freshly ground black pepper  
2 cups small diced, cooked lobster  
Ravioli Dough, recipe follows  
White Wine Sauce, recipe follows  
Lobster Tails, recipe follows

### Method

1. In a large bowl, combine the ricotta, lemon zest, Parmigiano-Reggiano, and 1 egg.
2. Season to taste with salt and pepper, add lobster and stir well; set aside.
1. Lay 1 pasta sheet flat on a lightly floured work surface and determine approximately where the halfway point is lengthwise. Use a pastry brush to lightly wet one half of the dough with the remaining egg lightly beaten with water. Spoon mounds of the filling, about 2 teaspoons each, onto half of the wet side of the dough, leaving about a ½ inch between the mounds.
2. Fold the dry half of the sheet over lengthwise to cover the filling.
3. Press the pasta sheets together to seal the edges around the filling, and press out any excess air.
4. Use a pastry cutter or knife to cut individual ravioli. As you cut out the ravioli, place them on a plate or baking sheet sprinkled with flour to keep them from sticking. Repeat with the remaining pasta and filling.
5. Bring a large pot of salted water to a boil; add the ravioli all at once; stir a few times to submerge and separate them. Cook, uncovered, at a gentle boil until the pasta is just tender to the bite, 2 to 3 minutes.
6. Drain the ravioli thoroughly and serve with White wine sauce and Lobster Tails.

### Ravioli Dough

3 2/3 cups all-purpose flour (*or semolina flour = more golden color*)  
2 large eggs  
2 egg yolks  
1 tablespoon olive oil (optional)

### Method

1. Mound the flour on a clean work surface and create a well in the center.
2. Place the eggs, egg yolks, and oil (if using) in the center. Using a fork, whisk the eggs and oil together and slowly start dragging the flour into the egg mixture.
3. Knead by hand until all the ingredients are well combined and the dough is smooth and elastic, about 10 minutes. (Alternatively, place all the ingredients in the bowl of a stand mixer fitted with a dough hook. With the mixer on medium speed, knead the dough until smooth and elastic, about 5 minutes.)
4. Wrap the dough in plastic wrap or place it in a covered bowl and let it rest at room temperature for at least 30 minutes.
5. Set up a pasta machine and turn it to the largest opening. Cut off pieces of dough about the size of an egg.
6. Working with one piece of dough at a time, roll the dough into sheets about 1/8 inch thick.

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### **Lobster and Stock**

4 (1½ pound) lobsters or 4 pounds of crayfish  
8 tablespoons (1 stick) unsalted butter  
¼ cup olive oil  
2 medium onions, finely chopped  
2 carrots, peeled and chopped  
2 stalks celery, peeled and chopped  
1½ teaspoons salt  
2 cups dry white wine  
5 cups water  
3 cups tomato juice  
1 head of garlic, with skins, cut in half horizontally  
½ bunch fresh parsley, with stems  
1 tablespoon black peppercorns  
2 bay leaves  
1½ teaspoons dried tarragon  
1 teaspoons dried thyme  
½ teaspoon cayenne

#### **Method**

1. Bring large stockpot of water to a rolling boil, add lobsters and cook at a fast boil until done, about 10 minutes. Transfer to a bowl of iced water to cool, then remove and reserve tail and claw meat for another use. Do this messy job over a bowl to reserve drippings.
2. Crush shells, which will be the base for the stock, using a mallet or a hammer, and then grind as fine as possible with reserved drippings in a food processor.
3. Melt butter and oil in a large stockpot over medium-high heat. Cook onions, carrots, celery and salt until golden, about 10 minutes. Stir in crushed shells and white wine, and turn heat to high and cook until liquid is reduced by half.
4. Add water and tomato juice. Bring to a boil and carefully skim and discard foam that rises to surface. Add remaining ingredients and cook at a simmer, uncovered, 1 hour and 15 minutes.
5. Strain through a fine sieve and refrigerate up to 2 days or freeze indefinitely.

### **Lobster Tails in White Wine Butter Sauce**

2 pounds plus 4 ounces butter  
8 ounces lobster tail meat (in shells)  
4 ounces white wine  
1 teaspoon chopped garlic  
2 teaspoons chopped parsley  
16 ounces lobster stock

#### **Method:**

1. To a sauté pan, add 2 pounds of melted butter and place on a medium low heat. Place the split tails flesh side down until flesh cooks enough to become firm.
2. Turn over the tails so that the shell side is down to finish cooking. (Do not allow the melted butter to boil. This will cause the water in the butter to evaporate, leaving behind milk solids which would fry the lobster, rather than poaching it.)
3. Remove lobster; set aside. Add remaining ingredients to pan and bring up heat to make sauce.