



Eat Well. Live Well.

www.AwareHouseChef.com

CONTACT

Hellenic Restaurant:
631 477-0138

www.TheHellenic.com

Heidi's Lobster Risotto

2 Organic Sweet Spanish Onions

3 tbsp. Organic Pureed Garlic

2-3 large lobsters (5-7 lbs. Maine, 8-10 lbs. Spiny)

2 lb. Organic Carrots

1 bunch Organic Celery

12 tbsp. Organic Butter

½ Cup Cognac

12 oz. Stout Beer

2.5 gallons water

¼ tsp. [Organic Ground All-Spice](#)

1 tsp. [Organic Tarragon Leaves](#)

1 tsp. [Organic Basil](#)

6 [Organic Bay Leaves](#)

1 tbsp. [Organic Peppercorns](#)

5oz Boursin Garlic and Herb Cheese

preparation instruction, watch the video on YouTube:

[Ketchup](#)

Youtube.com/AwareHouseChef

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