

Puff Pastry Shells with Brie and Lobster Cream

Start to Finish: 20 min.

Source: Better Homes and Gardens

This divinely rich and creamy sauce makes this an opulent dish for a party or to serve as the first course at a dinner for special guests. It can be prepared in minutes.

(2) 10-ounce packages frozen pastry shells (12 total)
2 tablespoons butter (no substitutes)
1 small red onion, finely chopped (about 1/3 cup)
1 clove garlic, minced
2 tablespoons all-purpose flour
1/8 teaspoon ground red pepper
1-1/4 cups half-and-half or light cream
1/2 cup dry white wine or champagne
6 ounces Brie cheese, rind removed, cut up
8 ounces fresh lobster, cut into chunks (about 1-1/2 cups)
Green peppercorns in brine, drained; capers, drained; halved dried figs; or chopped smoked almonds (optional)

1. Thaw and bake pastry shells according to package directions.
2. Meanwhile, melt the butter in a medium saucepan. Add onion and garlic; cook and stir over medium heat for 5 minutes or until tender. Stir in flour and ground red pepper. Stir in half-and-half or light cream and wine or champagne. (Mixture may appear curdled, but will become smooth as it cooks.) Cook and stir until thickened and bubbly; cook and stir 1 minute more. Add Brie, stirring until melted. Add lobster or crabmeat; heat through.
3. Spoon into baked pastry shells. Garnish with peppercorns, capers, figs, or almonds as desired. Makes 12 appetizer servings.

Nutritional facts per serving

calories: 324 , total fat: 23g , saturated fat: 5g , cholesterol: 37mg , sodium: 341mg , carbohydrate: 20g , fiber: 0g , protein: 9g

Courtesy of Better Homes & Gardens Online

