



Lobster Tails

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 55 minutes

The tails cut outside of the shell makes a very elegant and impressive presentation.

INGREDIENTS:

4 each lobster tails (frozen)

1 pound butter

salt and pepper, to taste

3 each lemons, quartered

The presentation of the lobster tails out of the shell is impressive and restaurant-professional looking. The tails are perfectly cooked.



Per Serving (excluding unknown items): 942 Calories; 93g Fat (87.4% calories from fat); 26g Protein; 4g Carbohydrate; 1g Dietary Fiber; 435mg Cholesterol; 1365mg Sodium; 1g Total Sugars; 0mcg Vitamin D; 165mg Calcium; 1mg Iron; 387mg Potassium; 276mg Phosphorus. Exchanges: .

THAW LOBSTER TAILS FOR COOKING (if frozen):

Pick one of the 3 options below:

A. Put them in the fridge for 10 hours or so. If you plan ahead, this method of thawing is the most effective.

B. Place in cold, not hot, water, for 30 minutes to an hour. Change the water every 15 minutes so that it doesn't get progressively colder as the lobster thaws.

C. As a last-ditch effort, thaw them in the microwave on defrost. Be very careful if you choose this method, because you don't want them to start cooking in the microwave. Only defrost one minute at a time.

When the lobster tails are thawed, you should easily be able to touch the head of the lobster tail to the end of the tail flap.

PREPARE THE TAIL MEAT ("piggyback" on shell) (15 minutes):

Cut the shell lengthwise, with a knife or a pair of kitchen shears, starting at the head of the tail. Be careful not to cut completely down the length of the tail, leaving the tail flap (the very end of the lobster) and an inch of shell above it intact.

With your hands, pry the tail meat from the membranes in the shell. Start with the thickest meat at the head of the tail. Separate all meat from the shell except an inch or so near the tail flap.

Lift most of the meat out of the shell, close the shell under it, and let the meat rest on top of the shell. The tail meat should look like it's piggybacking on top of its own tail.

SEASON (5 minutes):

Season the tails with melted butter, salt, and pepper,

COOK (20 minutes):

Cook the lobster according to the weight of the tail. Cook approximately 1 1/2 minutes for each ounce of meat. This would mean:

An 8-ounce lobster tail would cook at 375° F for 12 minutes.

A 10-ounce lobster tail would cook at 375° F for 15 minutes.

A 12-ounce lobster tail would cook at 375° F for 18 minutes.

BROIL (2 minutes):

Slightly before the tails are done cooking, cook under the broiler for 1 or 2 minutes (optional). Put a pat of butter on each tail, place at least 6 inches (15.2 cm) underneath the broiler, and cook, keeping a close eye on each lobster tail.

SERVE:

Serve with lemon and clarified butter.