

Basic Lobster Instructions

How to Butterfly a Lobster Tail:

- Slide a good sharp pair of kitchen shears under the shell, in the center, at the meaty end.
- Cut through the top shell, to the base of the tail.
- Take each side of the shell and spread apart, prying the meat away from the shell
- Make sure to leave the meat right at the tail intact.
- Now slide your fingers between the meat and the bottom of the lobster tail
- Gently lift the meat up and out of the shell.
- Close the top shell piece back together and lay the meat on top.
- Make a slice down the center of the meat, about half the thickness of the meat.
- Take each side of the meat and lay it over the lobster shell.
- Large tails will need an additional cut,

just to each side of
your center
cut for even
cooking.

Broiling: After butterflying your lobster tail, fill a broiling pan with a 1/2 inch of water. Preheat the pan in the oven until the water is hot; this helps keep the lobster moist while broiling. When the water is hot, place the lobster tails in the broiling pan and brush with herb melted butter. You can add minced garlic, chives or other herbs/ spices to make a herb butter. Cooking time for a 12-14 oz tail will take 1 minute per oz plus an additional 2 minutes (14-16 minutes).

Boiling: In a large pot boil enough water to cover the lobster tails. *Add 1 teaspoon of salt per quart of water. When the water comes to a boil, place the thawed lobster tails in the pot and return water to a boil. Reduce heat to low and begin timing. *Approximately 1 minute per ounce.

Steaming: Steaming can be done over a large pot with a steamer basket, or in a steamer/rice cooker countertop appliance. You can butterfly the tail (or larger tails can be split in half length-wise). If

using a pot to steam- bring the water to a boil, place lobster in the basket and steam for approximately 1 min. per ounce.

Grilling: This recipe is for an 12-14 oz tail, which will take a total cooking time of about 15 minutes. For tails that are larger, add 1 minute per oz, split the additional added time in half for before and after turning the tails. Total time will be 2-4 minutes longer than ounces of tail.

Preheat your bbq or grill to medium-high heat. Take your butterflied lobster tail and make sure the meat is placed inside of the shell. Brush the tails with olive oil or melted butter and sea salt to taste. Place lobster tails meat side down. Cook for 8 minutes or until shell turns red. Flip tails over and brush with melted butter (some people like to add chives, minced garlic, hot sauce or other seasonings/ herbs to their butter to create a herb butter). Cook for another 6 minutes or until meat is opaque in color.

