



GARLIC BUTTER LOBSTER

Category: Lobster

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Garlic Butter Lobster is a luxurious, mouth-watering dish perfect for special occasions or whenever you're craving a restaurant-quality meal at home. Lobster's tender, sweet meat pairs beautifully with the richness of garlic butter, creating a perfect harmony of flavors.

While it might seem like an intimidating recipe, it's surprisingly easy to make, taking only a few ingredients and less than 30 minutes to prepare. Follow this recipe to create a Garlic Butter Lobster that will impress your taste buds and elevate your dining experience.

Ingredients

To make Garlic Butter Lobster, fresh lobster tails are best, but frozen tails can also be used if fresh is unavailable.

For the Lobster:

- Lobster tails – 2 large or 4 small, about 6-8 ounces each
- Salt and black pepper – to taste
- Paprika – 1 teaspoon (optional, for color)

For the Garlic Butter Sauce:

- Butter – ½ cup (1 stick), unsalted
- Garlic – 4 cloves, minced
- Fresh parsley – 2 tablespoons, finely chopped
- Lemon juice – 1 tablespoon
- Lemon wedges – for garnish

How to Make Garlic Butter Lobster

Step 1: Prepare the Lobster Tails

Start by preheating your oven to 425°F (220°C) if you plan to bake the lobster tails.

Using kitchen scissors, cut down the middle of the lobster shell lengthwise to expose the meat. Be careful not to cut all the way through the tail.

Gently pull the meat out of the shell, resting it on top while keeping it attached at the end. This presentation style, known as “piggybacking,” helps the meat cook evenly and looks appealing.

Season the lobster tails with salt, black pepper, and a light sprinkle of paprika for a pop of color.

Step 2: Make the Garlic Butter Sauce

In a small saucepan, melt the butter over medium heat.

Add the minced garlic and cook for 1-2 minutes until fragrant, but not browned.

Stir in the chopped parsley and lemon juice, mixing well. Remove from heat and set aside.

Step 3: Baste and Cook the Lobster Tails

Place the prepared lobster tails on a baking sheet or in a baking dish.

Using a basting brush, generously coat the lobster meat with the garlic butter sauce, reserving a little for serving.

Bake the lobster tails in the preheated oven for 10-12 minutes, or until the meat is opaque and slightly firm. The cooking time may vary based on the size of the lobster tails.

Alternative Cooking Methods:

Grilling: Preheat your grill to medium-high heat. Place the lobster tails meat-side down for 3-4 minutes, then flip and cook for

another 4-5 minutes, basting with the garlic butter sauce as they cook.

Broiling: Set your oven to broil on high. Place the lobster tails about 5-6 inches from the heat source and broil for 6-8 minutes, watching closely to avoid burning.

Step 4: Serve

Once cooked, remove the lobster tails from the oven and drizzle any remaining garlic butter sauce over the top.

Garnish with additional parsley and lemon wedges for an extra touch of flavor and freshness.

Serve immediately alongside your choice of sides, such as rice, roasted vegetables, or a fresh salad.

Chef's Note

When choosing lobster, fresh is always best for optimal flavor and texture. However, if using frozen lobster tails, ensure they are fully thawed before cooking. You can do this by placing them in the refrigerator overnight or by submerging them in cold water for 30-60 minutes.

The garlic butter sauce can be customized to your taste. Try adding a pinch of red pepper flakes for a bit of heat or a splash of

white wine for an extra layer of richness. Make sure to use unsalted butter to better control the saltiness, as lobster meat is naturally slightly salty.

For a different cooking style, poach the lobster in the garlic butter sauce over low heat instead of baking or broiling. This technique keeps the meat tender and infused with rich garlic butter flavor.

Garlic Butter Lobster pairs beautifully with side dishes like garlic mashed potatoes, steamed asparagus, or crusty bread to soak up the extra butter sauce.

Nutritional Information (per serving, assuming two servings from the recipe)

- Calories: 420
- Protein: 25g
- Carbohydrates: 2g
- Fat: 36g
- Fiber: 0g
- Sugar: 0g
- Cholesterol: 160mg
- Sodium: 350mg

Lobster is a lean protein, low in fat and high in essential nutrients like vitamin B12, copper, and selenium. While this recipe is rich in

calories due to the butter, you can modify it by using less butter or replacing some of it with olive oil. Pairing with fresh vegetables helps balance the richness of the dish.

Conclusion

Garlic Butter Lobster is a simple yet elegant dish that can transform any meal into a special occasion. With tender lobster meat basted in rich, flavorful garlic butter, each bite is an indulgent experience that's sure to impress.

Despite its luxurious taste, this recipe is straightforward and approachable for cooks of all levels, allowing you to bring restaurant-quality seafood to your table with ease.

Whether you're cooking for a romantic dinner or celebrating with family, Garlic Butter Lobster is a recipe that will be savored and remembered. Enjoy this delicious meal with your favorite sides, and treat yourself to the flavors of the sea!

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