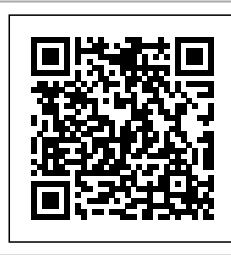


Stuffed Lobster Tails



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Video!



Recipe by: Laura Vitale

Serves 4

Prep Time: 25 minutes

Cook Time: 40 minutes

Ingredients

For the stuffing:

- 6oz of Jumbo Lump Crab Meat, picked through
- 2 Shallots, minced
- 2 Cloves of Garlic, minced
- 1 Tbsp of Olive Oil
- 1/4 cup of Fresh Parsley, finely chopped
- 2 tsp of Old Bay (or more to taste)
- 1 Egg Yolk
- 1/4 cup of Mayo
- Zest of 1/2 Lemon
- Juice of 1/2 Lemon
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Additional ingredients:

- 2 Sticks (1 cup) of Salted Butter
- 2 Cloves of Garlic, grated
- Zest of 1/2 Lemon
- 4-6oz Lobster Tails, split and butterflied over the shell
- Pinch of Salt

1) Preheat your oven to 400 degrees.

2) In a small skillet, saute the shallots and garlic in the olive oil until soft and translucent, add a small pinch of salt, stir in the chopped parsley and set aside to cool.

3) In a bowl, mix together the crab, cooked shallot mixture, mayo, egg yolk, old bay and lemon zest and juice.

4) Add the split lobster tails in a baking dish, season lightly with a small pinch of salt, then divide the mixture amongst the lobster tails (watch video to see how I do this) pack the stuffing evenly all over the top, then pop in the oven to bake for about 30 minutes or until the internal temperature of the lobster reaches 145 degrees. Meanwhile, make the clarified butter.

5) In a small saucepan, add the butter, cook over low heat until the milk solids float to the top, skim them off with a spoon as it cooks, most of them will sink to the bottom as it cooks but gently remove from the surface until you can see that the butter is clear.

6) Strain the butter (careful not to add the bottom bits) through a fine sieve lined with a coffee filter, over a bowl with the grated garlic and lemon zest, set aside to serve along the lobster.

