

Basic Lobster Directions

Basic Directions For Cooking Lobster Tails

Preparing Lobster Tails "Piggy Back" For Broiling

Thaw lobster tails, they will be more tender than those cooked frozen. Insert point of kitchen shears between meat and hard shell on back. Clip shell down center, leaving fan tail intact. Do not remove underside membrane. Gently open shell, separating it from the meat. Lift raw tail meat through split shell. Arrange lobster tails, membrane side up in shallow pan with a small amount of water in bottom of pan to prevent drying.

Broil 4 inches from heat for 2-5 minutes depending on size. Turn, brush with melted butter and broil according to chart. The same method can be used for outdoor grilling, except place directly on well greased grill rack, cook membrane side first, turn, baste, & cook according to chart.

Boiling Lobster Tails

Drop lobster tail, thawed, into large kettle of boiling water with 1 tsp. salt for each quart of water. When water reboils, lower heat and begin timing.

Time Table For Broiling & Boiling Lobster Tails (in minutes)

Weight	1 - 3 oz.	4 - 6 oz	10 -12 oz.	14 -16 oz.
Broiling	3 - 4 min.	5 - 6 min.	8 -10 min.	12 -15 min.
Boiling	3 - 5 min.	5 - 7 min.	10 - 12 min.	15 - 20 min.

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