



Lobster Tail Preparations

Cutting the shell: Hold the defrosted lobster tail in one hand with the hard shell facing upwards. Using sturdy kitchen shears, carefully cut through the top of the shell. Stop cutting at the base of the tail.

Opening the shell: Grab each side of the lobster shell with your thumbs and fingers to spread the halves apart gently. Keep the back of the meat connected to the under-shell.

Pulling the meat: Using your thumbs and fingers, carefully separate the meat from the shell. Tug the meat so it comes off of the bottom shell, still keeping the back attached near the tail fan. Pull the meat upward, lay it on top of the shell, and gently squeeze the shell halves closer together beneath the meat.

Top with butter and sprinkled paprika.

Place on baking pan with very shallow water. Bake at 450°.

- 4 – 6 ounces ... 8 – 10 minutes
- 6 – 7 ounces ... 11 – 12 minutes
- 8 – 9 ounces ... 12 – 14 minutes
- 10 – 12 ounces ... 14 – 15 minutes
- 12 – 16 ounces ... 18 – 20 minutes
- 16 – 24 ounces ... 20 – 25 minutes

cooking times may vary based on oven calibrations

Serve with drawn butter. Enjoy!



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