

## Cooking Lobster Tails

The lobster tails may be cooked from frozen, however, the best results are obtained if the tails are defrosted first.

**To Defrost the lobster tails:** place them in the refrigerator for a period of 8 - 10 hours or alternatively place them in a bowl of cold water.

**To Defrost in the microwave:** make sure that you do not start to cook them. Once the tails have been completely defrosted, they will be ready to cook.

### Boiled Lobster Tails

- Fill a large saucepan with water and add 1 teaspoon of salt for each quart of water. Bring the water to the boil and drop the lobster tails into the pan.
- Boil the tails for about 1 minute per oz of total weight. If there are 5 oz of lobster tails, you will need to cook them for 5 minutes.
- Drain the lobster tails and serve hot with melted butter, lemon juice or mayonnaise

### Steamed Lobster Tails

- Pour 1 cup of water into the bottom of a pan and add salt.
- Bring the water to the boil.
- Insert a wooden skewer or cocktail stick down the length of each lobster tail. This will prevent them from curling up upon steaming.
- Place the tails on a steaming rack placed inside the pan and cover with a lid.
- Steam the tails for about 7 or 8 minutes, drain and serve hot.



### Baked Lobster Tails

- Preheat the oven to 400°F .
- Split the soft shell of the lobster tail in half lengthways with a sturdy knife.
- Place the lobster tails on a baking tray and brush them with melted butter.
- Bake in the oven for between 8 and 10 minutes.
- Serve hot with lemon slices, melted butter or mayonnaise.

### Grilled Lobster Tails

- Insert a wooden skewer into the lobster tails to prevent them from curling on boiling.
- Prepare a large saucepan of salted water according to instructions above for boiling lobster tails.
- Once the water has reached a rapid boil, drop the tails in and cook for 4 minutes.
- Drain the tails and position them on their backs once they have cooled slightly.
- With a sharp knife, split the soft top shell of the tail, lengthways down the middle, but leave the hard shell underneath in tact.
- Pour some melted butter and lemon juice over the meat of the tails or brush a marinade of lemon juice, olive oil, salt pepper, garlic powder and paprika over the meat and place shell side down into a pre-heated grill.
- Grill for approximately 7 - 8 minutes under a medium - hot heat or until the meat is opaque, no longer transparent and firm to the touch.
- If you wish, you may turn the tails over half way through cooking.
- Remove from the grill and serve hot with lemon, melted butter or mayonnaise.