



Oven-Roasted Lobster Tails

Ingredients:

2 lobster tails
4 tbsp. unsalted butter
Salt and fresh cracked pepper
Directions

1Trim Lobster Tail

Place lobster tail on cutting board. Using kitchen shears, trim down the center of the shell cutting towards the tail.

2Cut a "T"

Once you reach the tail, make a perpendicular cut from end to end to form a "T."

3Loosen Meat

Using a paring knife, gently loosen the meat from the shell.

4Crack Shell

Using your hands, crack open the shell slightly.

5Lift Meat

Lift lobster meat out of shell and rest it on top of shell, leaving the meat connected at base of tail.

6Season Lobster Tail

Place lobster tail on baking sheet. Brush with melted butter and season with salt and pepper or your favorite seafood seasoning.

7Roast and Serve

Roast at 450°F for 10 minutes, keeping a close watch to avoid overcooking. Lobster is done when the internal temperature reaches 145 degrees and meat is pink and opaque.