



Brown Butter Lobster Medallions

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Recipe type: seafood/5 Ingredients or Less

Prep time: 5 minutes

Cook time: 5 minutes

Total time: 10 minutes

- 1 medium to large lobster tail per person
- 1 tablespoon butter per lobster tail
- sea salt

1. Remove the lobster tail from the shell: (a) using scissors, cut the white under shell vertically in half; (b) once the undershell is cut, grab the sides of the shell to bend the cut sides away from each other; (c) gently lift the lobster tail from the shell; (d) continue lifting the lobster tail towards the end of the tail, gently pulling the intact tail from the shell.

2. Once the lobster tails have been removed, slice them into ½ to ¾-inch medallions.

3. Melt the butter over medium-high heat in a sauté pan. Once the butter has melted, continue heating the butter until it begins to turn brown, about 2 minutes total. Place the medallions, cut-side down, in the sauté pan. Sear the lobster medallions until no longer translucent, about 2 minutes...turn & cook one minute longer. The medallions may appear brown due to the butter, and that's OK. Serve immediately over pasta or toast points.