

Surf & Turf



Lobster Tail	Filet
<p>8-10 oz. average Using scissors, cut lobster shell in a straight line down the back. Season meat with salt, pepper, paprika & garlic.</p>	<p>8-10 oz. filet Bring filets to room temperature. Season with olive oil, salt & pepper.</p>
<p>GRILL: Grill on direct heat for 4-5 minutes per side, starting with meat side down. BAKE: Place on a pan, shell side down, at 375°F for 12-14 minutes. BOIL: Bring 6 cups of salted water to a boil (for 2 tails). Cook for one minute per oz. (a 10 oz. tail would need 10 minutes). If you boil more than 4 tails, add 3 additional minutes at the end. Brush with melted butter when ready to serve. Top with fresh parsley.</p>	<p>GRILL: Grill on direct heat for 4-6 minutes per side. Let steaks rest for 5 minutes before serving. SEAR: Sear in skillet on medium-high heat for 2 minutes per side. Finish in the oven at 350°F for an additional 10-15 minutes. Check internal temperature every 5 minutes to avoid overcooking. For medium rare finish, remove from oven at 125-130°F internal. For medium finish, remove from oven at 135-145°F. Let steaks rest 5 minutes before serving.</p>

