

BROILED LOBSTER TAILS

F MEDIUM

Last Modified: 05/18/2014

PREP: 15 Min
COOK: Various
BROILED

SEAFOOD

MAKES 2 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2 ~ 4	Frozen ?	Lobster Tails (Cold or Warm Water)	Room Temp

COOKING DISTANCE / TIME	
	ROUGHLY: 1 Minute Per Ounce
	INTERNAL TEMPERATURE S/B: 145 Degrees

WEIGHT / TAIL	Height: Distance From Oven Rack To Broiler Element Time: Total Broiling Time (No matter how many Tails)
4 Oz	Height: 6" Time: 4 Minutes
5 Oz	Height: 6" Time: 5 Minutes
6 Oz	Height: 6" Time: 6 Minutes
7 Oz	Height: 8" Time: 8 Minutes
8 Oz	Height: 8" Time: 9 Minutes
9 Oz	Height: 8" Time: 10 Minutes
10 Oz	Height: 8" Time: 11 Minutes
12 Oz	Height: 8" Time: 14 Minutes
14 Oz	Height: 8" Time: 17 Minutes
16 Oz	Height: 8" Time: 20 Minutes
22 Oz	Height: 8" Time: 25 Minutes
32 Oz	Height: 8" Time: 35 Minutes

OPTIONAL			
2	Pats	Salted Butter	Melted
1+/-	Pinches	Sweet Hungarian Paprika	

PREPARATION	
FACTOID	ALL Lobster Tails MUST be very close to the same weight. Broiling Lobsters achieves a thin layer of sear atop the Lobster, giving it something like a crisp smoky flavor. Broiling is also a great option if you plan on adding a flavorful crust to the top of the meat.
STORAGE	Fully-cooked in-shell Lobster wrapped in damp paper towels & refrigerated for 24 hours. Par-boiled (semi-cooked) Lobster can be kept sealed & refrigerated for 2 to 3 days. Out-of-shell Lobster meat can be kept sealed & refrigerated for 2 to 3 days.
HINTS	If frozen, thaw the Lobster Tails overnight in the refrigerator while wrapped in damp paper towels. Once they become flexible, we are good to go. Allow them time to come up to room temperature before EVEN THINKING about cooking them.
TOOLS	1) Heavy Kitchen Scissors 2) Aluminum Half Sheet Pan 3) Probe Thermometer

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HINTS	This process tends to be a tad on the difficult side. The underlying problem is to get the Lobster Meat the correct distance from the broiler element AND at the same time to NOT overcook or undercook the Meat. The PERFECT internal temperature is 145 degrees. Anything much over that and this very EXPENSIVE Meat turns into rubber. anything below that and you end up with varying degrees of dangerous mushy jelly.
CAUTION	This process assumes a 500 degree medium broil. If your oven has only one broiler setting "high", you need to be EXTRA WATCHFUL and adjust the broiling times appropriately down and the heights appropriately longer!
1	Using heavy kitchen scissors, cut evenly along the length on the top center of the Lobster Tail from the front almost to the Tail Fin - Run a dull knife along the bottom between the Meat and Shell in order to free it up. Pry apart the shell with your thumbs and attempt to lift the Tail Meat in one piece above the shell (While leaving the Meat still firmly attached at the Tail Fin end).
2	If the Tail Meat will not easily lift up, cut the Shell again along both sides of the first cut in order to widen the opening, until you can finally lift the Tail Meat above the Shell. The Shell should be able to close back up beneath the Meat and hold it evenly above the shell.
3	Line a sheet pan with heavy duty aluminum foil and place the Lobster Tails (Meat up) spaced evenly across the pan. Do NOT allow the Tails to touch each other.
4	Insert a meat thermometer probe into the center of the Meat in one of the outer Lobster Tails and broil until the internal temperature reaches 130 degrees - watch the Tails closely and move either the rack or the broiler temperature up or down depending upon how brown the surface is becoming. Continue broiling until they reach 145 degrees internally.
OPTION	During the final 30 seconds of broiling, you may optionally brush the top of each Tail heavily with Melted Butter and / or sprinkle them lightly with Sweet Paprika for color.
SERVE	Remove the Tails from the broiler and serve them immediately with warm Recipe: Sauce - Drawn Butter Sauce on the side for each serving.
REHEAT	<p>Oven reheating: Slow, but it does a good job of preserving your Lobster's fresh flavors. Simply slide your Lobster in a roasting pan, drop some Butter in the bottom of the pan, and cover with foil. Bake at 350 until a meat thermometer reads 145 degrees (about 10 minutes).</p> <p>Saucepan Reheating: If you have out-of-shell meat, it's hard to beat a simple stovetop reheat. Simply toss the meat in some extra Butter and saute covered on medium heat until hot (about 2 minutes).</p> <p>Microwave Reheating: This is probably my least favorite way to reheat Lobster because of the toll it takes on the meat's texture, but if you're in a hurry, go for it. If your Lobster is still in the shell, give it 2 to 3 minutes of microwave time. If the meat is out-of-shell, it'll only need 1 to 2 minutes.</p>

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