

PERFECT GRILLED WHOLE LOBSTER

F MEDIUM

Last Modified: 05/18/2014

PREP: 15 Min
COOK: 1 Hr 30 Min
STOVETOP & GRILL

SEAFOOD

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	1 1/2 Lb	Live Maine Lobster Halves (Cold Water)	
		NOT Spiny Lobsters (Clawless Warm Water)	
1	Recipe:	Sauce - Drawn Butter	
1 +/-	Pinches	Sweet Hungarian Paprika	Garnish

SEAFOOD BOIL BOUILLON

4	Quarts	Cold Water	
1/2	Cup	Kosher Salt	
4	Medium	Lemons	Halved
1	Medium	Carrots (Scrubbed)	Coarse Chop
1	Stalk	Celery	Coarse Chop
1	Medium	Yellow Onion	Coarse Chop
1	Whole	Dried Bay Leaf	

LOBSTER COMPOUND BUTTER

1	Tbsp	Lobster Base (Superior Touch)	
IF THE LOBSTER IS A MALE			
ALL		Green Lobster Tamale You Can Find	
IF THE LOBSTER IS A FEMALE			
ALL		Red Lobster Roe (EGGS) You Can Find	Smashed
2	Sticks	Unsalted Butter	Softened
1	Medium	Lemon	Zested
1	Small	Shallot	Roasted
1	Clove	Garlic	Roasted
1	Tbsp	Fresh Dill Leaves	Minced
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

SMOKE PACKET

	Several	Wood Chips of your choice	Soaked
1	12" x 12"	Sheet Heavy Duty Aluminum Foil	

PREPARATION

FACTOID	ALL Lobsters MUST be very close to the same weight for even cooking. Grilling a Lobster will impart the smoky flavors of the packet along with any chosen Marinades or Butters.
"HUMANE" DISPATCH	Place the live Lobster in the freezer for 15 minutes to numb it. Stab a sharp knife into the cross marks behind the head, pushing it all the way through.
HINTS	This process lend itself equally well with either whole live Lobsters cut in half or frozen Lobster Tails.

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CAUTION	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 to come up to room temperature before EVEN THINKING about cooking them.
TOOLS	<ol style="list-style-type: none"> 1) Heavy Kitchen Scissors 2) Aluminum Half Sheet Pan 3) Probe Meat Thermometer 4) Large Stock Pot & Lid 5) Large Mixing Bowl 6) Food Processor OR Blender
FACTOID	Grilling a Lobster tends to be a tad on the difficult side. The underlying problem is to get the Lobster Meat properly grilled by NOT overcooking or undercooking 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 mushy dangerous jelly.
PREP	<p>SEAFOOD BOIL BULLION</p> <ol style="list-style-type: none"> 1) Coarsely chop Yellow Onion and set it aside. 2) Coarsely chop the Carrots and add them on top of the Onions. 3) Coarsely chop the Celery and add it on top of the Onions.
PREP	<p>LOBSTER COMPOUND BUTTER</p> <ol style="list-style-type: none"> 1) Mince the Dill Leaves and set them aside.
1	SMOKE PACKET: Add the soaked wood chips in the center of the foil sheet. Seal tightly and poke several vent holes it the top.
2	In a large stock pot over high heat, add in the 4 quarts of Water. Add in the Seafood Boil Bullion ingredients and bring it to a rolling boil. Boil it for 30 minutes to flavor the water.
3	Remove 4 cups of the Seafood Boil Bullion (liquid ONLY) to a large mixing bowl. Add enough Ice to make an Ice Water Bath. (a few Ice Cubes still floating in the cold liquid).
4	Bring the remaining Seafood Bouillon back to a boil. Preheat a grill to medium-high heat. Add a smoke packet on top of the grill furthest from where the Lobster halves will be.
5	You Are Par-Boiling Here: Add the Lobsters to the boiling liquid in the stockpot and cook for 2 minutes. Remove the Lobsters from the pot and pull off their Claws. You may do this in steps if necessary, so as to not crowd the Lobsters in the pot. Place the Claws in the ice bath. Return the Lobster Bodies back into the stockpot and boil for an additional 6
NOTE	Each time you place Lobster parts in the Ice Bath, the should always be a few Ice Cubes still floating, add additional Ice Cubes as is necessary.
6	Meanwhile, crack the ice cold Claws, remove the Meat and set it aside
7	Put the Lobster bodies in the ice bath to stop the cooking process. Use a chef's knife to split the Lobster bodies and tails in half down the center. Place the cold Lobster on a cutting board stab the point of the knife straight down in the middle of the Body. Rock the blade down to slice towards the nose. Rotate the blade, reinsert it in the cut and rotate it down to slice towards the Tail. Continue until the Body is in two pieces and set them aside Meat side down over paper towels..
8	As you slice the Lobsters in half, you will likely discover a very unattractive green colored "Tamale" inside - GREAT FLAVOR! Using your fingers and/or a spoon, scrape as much of it out as you can, reserving it all in a food processor for the Lobster Compound Butter. Massaging with your fingers, rinse any residual Tamale still in the Shell off under cold running water until the Lobster Meat in the Shell is clean (and now attractive). Turn the split Lobsters, Meat side down, over paper towels to drain while you prepare the Lobster Compound Butter.

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9	Add the remaining Lobster Compound Butter ingredients into the food processor and pulse until smooth.
10	Place the Smoke Packet directly across a heating element so it doesn't impede the flames. Close the lid and adjust the temperature to medium. Wait to add the Lobsters until smoke is coming out of the vents.
11	Arrange all of the Lobster Bodies and Claws on a sheet pan with the Meat side up. Brush the tops generously with Lobster Compound Butter.
12	Insert a meat thermometer probe into the center of the Meat in one of the outer Lobster Tails and grill (cut side up) with the grill top closed until the internal temperature reaches 130 degrees. Brush the Claws with Compound Butter and place them on the grill. Close the lid & continue grilling until the internal temperature of the Tail Meat reaches 145 degrees.
13	Brush the Claws with Compound Butter and place them on the grill. Close the lid & continue grilling until the internal temperature of the Tail Meat reaches 145 degrees.
14	During the final 30 seconds of broiling, turn over the Claws and brush the top of each Claw and Tail again heavily with the Lobster Compound Butter and sprinkle them lightly with Sweet Paprika for a splash of color.
SERVE	Remove the Bodies 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>