

DIRECTIONS FOR COOKING LOBSTER TAILS

Dave's Fish Market • 685 Plains Rd E, Burlington



DIRECTIONS

1. Thaw lobster tails (they will be more tender than those cooked frozen).
2. Insert point of kitchen shears between meat and hard shell on back.
3. Clip shell down center, leaving fan tail intact.
Do not remove underside membrane.
Gently open shell, separating it from the meat. Lift raw tail meat through split shell.
4. Arrange lobster tails, membrane side up in shallow pan with a small amount of water in bottom of pan to prevent drying.
5. Broil 4 inches from heat for 2-5 minutes depending on size.
6. Turn, brush with melted butter and broil according to chart.

NOTES

The same method can be used for outdoor grilling, except place directly on well greased grill rack, cook membrane side first, turn, baste, & cook according to chart below.

TIME TABLE FOR BROILING & BOILING LOBSTER TAILS (IN MINUTES)

WEIGHT	1-3 OZ.	4-6 OZ.	10-12 OZ.	14-16 OZ.
BROILING	3-4 MIN.	5-6 MIN.	8-10 MIN.	12-15 MIN.
BOILING	3-5 MIN.	5-7 MIN.	10-12 MIN.	15-20 MIN.