



Lobster Tails – Cooking Instructions

Thaw tails under cool running tap water and refrigerate until ready to bake. Pre-heat oven to 400 degrees, split top of shell lengthwise, separate meat from shell, allowing tail portion to remain attached.

Place meat on top of shell “piggy-back “ style. Brush meat with butter, garlic lemon juice or white wine. Then sprinkle with paprika if desired. Pour small amount of water into baking pan. Place tails in pan and bake.

Baking time will vary according to size of tail and the heating characteristics of individual ovens. 6,7 & 8 oz. tails should take approximately 8 minutes in a conventional oven. **As soon as the flesh turns white from translucent, tails are done.**

Please note if you would like to BBQ the tails on a grill, we recommend that you pull the meat completely out of the shell and cook directly on a clean surface. Cook on a low flame for more control while waiting for flesh to turn white.

Enjoy!