

# HOW TO COOK

# LOBSTER TAILS

**DON'S DOCK  
SEAFOOD**

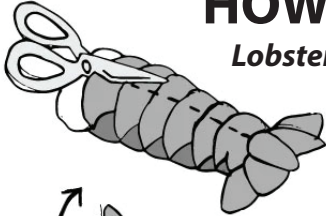
Call us with questions:  
**847-827-1817**

*Store frozen tails in the freezer. The night before you plan to cook them, move them into the fridge to thaw.*

## HOW TO BUTTERFLY LOBSTER

*Lobster tails MUST be thawed before butterflying.*

①



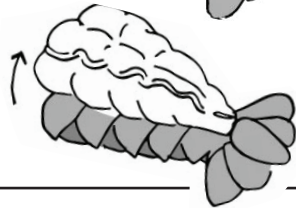
With heavy scissors, cut through the top of the shell down to the base of the tail. Try to cut down the center of the back.

②



Spread the shell apart gently. Wiggle the meat carefully to loosen it so that it comes out of the shell easily.

③



Lift the meat to sit on top of the shell. The meat will still be connected at the base of the tail.

## BROILED LOBSTER TAIL

1. Thaw and butterfly your lobster tails.
2. Move your oven's rack to a middle height. Set your oven to broil and allow to preheat.
3. Place tails on a cookie sheet and generously baste with melted butter or set a few butter pats on top. Place in oven and cook according to the chart below (roughly 1 minute per ounce):

TAIL SIZE	COOK TIME
8 - 10 oz	7 - 12 minutes
10 - 12 oz	9 - 14 minutes
14 - 16 oz	12 - 18 minutes

4. Check that your lobsters are fully cooked by cutting the meat at its thickest point. If the meat is flat white throughout, it's done. If it looks glassy or gummy, cook longer. If you have one, use an instant read probe thermometer for a temp of 145°F.

## GRILLED LOBSTER TAIL

1. With strong, clean scissors cut through the top of the lobster's shell down to the base of the tail (step 1 of butterflying a lobster). Place a pat of butter in the cut, between the meat and the shell.
2. Place the lobster belly down on the hot grill (medium to medium-high heat) and close the lid.
3. Cook for 10 minutes. Check if the lobster is fully cooked by cutting the meat at its thickest point. If the meat is flat white throughout, it's done. If it looks glassy or gummy, cook longer. The larger the tail, the longer the cook time. Use a probe thermometer if you have one to the internal temp. of 145°F.

**ATTENTION:** Consuming raw or undercooked meat, poultry, eggs, seafood, or shellfish may increase your risk of foodborne illness (especially if you have certain medical conditions). Consult your physician or public health official for more info.