

# Grilled Lobster Tail with Herb Sauce and Herb Butter

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 10 -12 minutes

Serves: 4 - 8

**CChints:** Zesting the lemon before you cut into it will help the juices release from the lemon when it is time to squeeze out the juice. You will need metal skewers for this recipe. They need to be as long as the lobster tails or depending on the length of the tails you might be able to get 2 on a long skewer. You need these to keep the tails from curling up when they cook. You may want to use or buy small glass sauce containers to serve the butter. These can be found on the gadget isle of most large stores or in restaurant supply stores. Once you own these, you will be surprised how many time you use them.



8 – 7 ounce frozen lobster tails, thawed  
1-1/2 sticks of butter, at room temperature  
3-4 plum tomatoes, seeded and diced  
1/4 cup plus 2 Tablespoon extra-virgin olive oil  
Zest from one lemon zest, divided  
3 tablespoons fresh lemon juice  
2 gloves finely minced garlic, divided  
1-1/2 tablespoons minced fresh oregano, divided  
3 teaspoons, minced fresh chives, divided  
1/4 teaspoon salt  
Dash of black pepper  
Side dish of your choice

Preheat your grill to medium-high heat. While you are waiting on the grill you can start to prepare the recipe starting with removing the butter from the refrigerator so it can start to soften. Try to time it so that whatever you are preparing as your side item will be done at the same time.

Use a sharp knife, cut each lobster tail lengthwise through the underside and into the meat but not through the outer shell. Cover and refrigerate until the grill is ready. Meanwhile start the Herb Sauce.

In a glass or plastic bowl combine these ingredients to make the herb sauce. Cut the tomatoes half, remove the seeds and dice them.

Transfer the tomatoes to the bowl and pour in 1/4 cup of olive oil. Use a zester or microplane to zest the lemon. Only zest the yellow part of the lemon because the white part can be bitter. Put 1/2 teaspoon of the zest in a small container and set aside but add the rest to the tomatoes. Slice the lemon and squeeze 3 tablespoons of juice in the bowl with the tomatoes and watch out for the seeds. Add 1 glove of minced garlic, 1 tablespoon oregano and 2 teaspoons of chives. Combine all the ingredients and set aside.

If the grill is ready, remove the lobsters from the refrigerator. Insert the skewers at the meaty end between the meat and the outer shell and slide it through to the tip of the tail. These will keep the shells from curling as they cook. Lightly brush the cut side with the olive oil and sprinkle with salt and pepper. Place them cut side down on the grill. Cook for 5 minutes until the shells are a bright pink/red. During this time bring the herb sauce with tomatoes out to the

grill. Gently turn them over spoon the mixture over each lobster tail and cook for 4 more minutes or until the meat is opaque or white in color.

During this time you need to start the herb butter. Add the butter to a small sauce pan over medium low heat. Add the rest of the garlic, oregano and chives and stir occasionally until the butter has melted. When the butter has melted, remove it from the heat and let stand for 3-4 minutes. Use a spoon to skim the foam off the top and throw it away. You now have clarified herb butter. Sprinkle the lemon zest in the bottom of each glass sauce container and pour in the herb butter. Pour the remaining butter in a butter warmer or a container that can be warmed in the microwave in just seconds.

When the lobsters are done transfer them to a serving platter and remove the skewers. Serve with the butter and your side item.  
Enjoy!