

Lobster Tail Recipe – How to Cook it Like a Pro!

Posted By [Kristy Bernardo](#) On August 4, 2014 @ 9:06 pm



Ingredients

- 4 lobster tails thawed, 10 ounces each
- 1/2 cup unsalted butter more for dipping, if desired
- 3 garlic cloves minced
- 1/4 teaspoon kosher salt

Instructions

1. Preheat one side of a grill to medium-high.
2. Melt butter and garlic together, add salt and mix thoroughly.
3. Cut the top of lobster shell lengthwise down the center with kitchen shears, taking care to keep tail fin intact. Following the cut in the shell, take a knife and cut a slit in the meat about half an inch deep. Carefully loosen meat from shell, keeping the fin end attached. Brush some garlic butter over the meat.
4. Place lobsters cut side down on cool side of grill. Grill for 5-7 minutes, until the shells are bright in color. Turn the tails over and generously baste with garlic butter. Grill for another 4-6 minutes, basting occasionally, until the lobster meat is an opaque white color. (Watch the meat very carefully - the difference between succulent, tender meat can be as little as one minute too long on the heat.)
5. Serve with additional melted butter, if desired.

URL to article: <https://www.thewickednoodle.com/lobster-tail-recipe/>

Another Recipe Full instructions from purchase to various cooking methods
<https://www.helpwithcooking.com/seafood-shellfish/cooking-lobster-tails.html>