

# Lobster Thermidor

## Ingredients

4 Lobster Tails, 8-10 oz	2 Garlic Cloves, Crushed
1 cup Sweet Sherry	6 oz grated Parmesan, Swiss or Cheddar Cheese
Olive Oil	2 oz chopped Cilantro, Parsley, & Tarragon
6 oz Button Mushrooms, sliced	Salt & Pepper to taste
3 cups Heavy Cream	
2 oz Dijon Mustard	
2 Shallots, diced	

## Directions

Preheat oven to 425°. Remove lobster meat from shells and cut into large dice. Blanche shells in boiling water and remove with tongs and set aside.

Sauté shallots, garlic & mushrooms in butter. Add lobster meat and sauté for 3 minutes. Deglaze with sherry, reduce. Add Dijon mustard and heavy cream. Cook out and reduce. Season with salt and pepper and chopped herbs.

Place lobster and sauce equally into the four shells. Top with grated cheese. Bake at 425° for 12 minutes. Place under broiler for a few minutes to brown, if desired.

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