

# How to Butterfly a Lobster Tail

## Directions

1. Completely thaw lobster tail. This is very important!
2. Using kitchen shears, cut the lobster tail down the shell to the tail. Do not cut the meat.
3. Once cut, gently pry the meat away from the shell. Meat should be separated from shell all the way down to the tail. Keep meat & shell in tact at the tail only.
4. Gently lift the meat out. With meat out of shell, squeeze empty shell together and lay meat across the top.
5. Melt butter. Mix a squeeze of lemon juice and seasonings such as paprika, Old Bay, or garlic powder into butter, if desired. Drizzle butter over tails.
6. Broil accordingly to chart below. Baste w/ butter halfway through cooking.

<b>SIZE</b>	1-3 oz	4-6 oz	7-9 oz	10-12 oz	14-16 oz
<b>TIME</b>	3-5 min	5-7 min	7-10 min	10-12 min	15-20 min

**Get Fresh**

Reading, PA

610-670-2500

[adelphiaseafood.com](http://adelphiaseafood.com)

