



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

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Recipe 103



Lobster Tails and Roasted Asparagus

Cook's Note: Sometimes the simplest things in life are the most delicious. When it comes to lobster tails, I highly recommend broiling them. Broiling gives you more control over cooking so that you don't over or under cook and also guarantees that the tails will remain nice and flat for serving.

Bon Appétit
-George

(photo by Marc-Henri)

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Broiled Lobster Tails and Roasted Asparagus

PREPARATION

For Lobster Tail:

- 1 - Cut the lobster tail down the center towards the fan of the tail. Pull the meat out and prop over the top of the shell, leaving the meat attached at the very end of the fan tail.
- 2 - Fully coat the meat with olive oil, and a sprinkle of paprika over the top. Place in an oven safe dish and bake at 375 degrees 1 1/2 minutes per oz. (For example, a 10 oz lobster tail bakes for 15 minutes.)
- 3 - After baking, mix the butter, garlic and parsley together and smear over the top of the lobster meat. Add the water and then place the lobster back in the oven under a high broil for another 3 to 5 minutes. It should be a nice crisp golden color when done.

For Roasted Asparagus:

- 1 - Preheat an oven to 425 degrees F.
- 2 - Place the asparagus into a mixing bowl and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.
- 3 - Bake in the preheated oven until just tender, about 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

INGREDIENTS

For Lobster Tail:

- 1 lobster tail, thawed
- 2 tablespoons extra virgin olive oil
- paprika (to taste)
- 1/2 tablespoon butter, softened
- 1 sprig fresh parsley, finely chopped
- 1 garlic clove, minced
- 1/4 cup hot water

For Roasted Asparagus:

- 1 bunch thin asparagus spears, trimmed
- 3 tablespoons extra virgin olive oil
- 1 1/2 tablespoons grated Parmesan cheese
- 1 clove garlic, minced
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon lemon juice

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