



Lobster Tails, Garlic Butter Sauce

Gaggenau Appliance: BS Combi-Steam oven
Heating Mode(s): Convection + 100% Humidity
Temperature: 212° F
Required Accessories: Unperforated Cooking Container
Cooking Time: 4 - 5 minutes
Serves: 4

Lobster tails are easy to cook and can be used in a variety of dishes such as lobster rolls, salad, pasta dishes or with a buttery garlic sauce. Best of all they cook to perfection in the Combi-steam oven. In this recipe the lobster tails are gently poached in the Steam mode however they can also be Steam Roasted or Broiled, the key is to keep the cooking time short.

For the lobster:

4 4-6 oz (114-141g) lobster tails
¼ cup (57g) water
4 slices lemon
Pinch Old Bay seasoning

For the garlic butter:

6 oz (170g) unsalted butter
2 cloves garlic, minced
Juice from half a lemon
1 tbsp (4g) chopped parsley (optional)

Heat the oven in the Steam mode, 100% Humidity + 212° F.

To prepare the lobsters, cut a straight line down the top of the shell to the tail with sharp kitchen shears. Turn the lobster over and press firmly with both thumbs in between each vertebrae to release the meat. Turn the tail over, gently lift the lobster tail out of the shell using your fingers to separate the meat from the shell.

Remove the mud vein and push the shell together so the meat rests on the shell.

Pour ¼ cup of water into a small rimmed baking dish or oven proof pan, stir in the Old Bay seasoning and add the lemon slices. Place the lobster tails in the pan and slide into the heated oven. Set the timer for 4 minutes. If cooking large lobster tails (6 - 8 oz), increase the cooking time to 6 minutes.

To prepare the garlic butter sauce, place the butter in a small heavy saucepan and let the butter gently melt, level 4 Induction and Gas cooktops. Add the minced garlic and cook for 8 minutes without letting the garlic brown. Stir in the lemon juice and parsley. Spoon a generous spoonful of sauce over each lobster tail before serving.