



Oven-Steamed Lobster Tail

1 large lobster tail (8-10 oz) – thawed *

-if big eaters or the tails are a little smaller, use 2 tails

½ cup White Wine *

½ cup water

6 tbsp Butter *

1 Lemon *

2 cloves Garlic – crushed (optional) *

dash of Salt and Pepper *Pre-heat oven to 400 degrees. Put water, wine, salt, pepper, 2 tablespoons of butter into a casserole dish. Cut the lemon in half and squeeze one half into the casserole dish. Place lobster tail(s) into the casserole dish, hard shell side facing down. To help prevent curling, run a skewer lengthwise through the tail. Bake for 20 minutes. In the meantime, melt the rest of the butter. Squeeze the juice from the other lemon half and add to butter along with the garlic and place in a serving dish.