

# Baked Stuffed Lobster Tails

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**Ingredients:**

4 (4 oz.) frozen lobster tails  
salt and freshly ground black pepper  
2/3 cup dry white wine  
lemon wedges

**Stuffing:**

2 slices white bread  
1 tbl. Italian parsley, chopped  
2 tbl. butter  
2 garlic cloves, crushed  
1/8 tsp. salt  
1/8 tsp. pepper  
1/8 tsp. thyme

**Directions:**

Thaw lobster 1 – 2 days in the refrigerator.

Preheat oven to 450°.

To make stuffing: tear bread into small pieces. Melt butter in a small skillet over medium heat. Add parsley and crushed garlic into skillet. Sauté for 30 seconds. Remove from heat. Add bread thyme, salt and pepper. If it is not holding together, you can add a tiny bit of water or milk. Mix to blend and set aside.

Split top side of lobster shell down center with scissors, keeping tail fan intact. Pull shell open. Lift tail meat, leaving it attached at the fan end, and lay over top of shell, piggyback style. Make a cut down center of meat ¼ inch deep. Season with salt and pepper.

Pour wine into a 9 x 9 inch baking dish. Place lobster tails in dish. Spoon stuffing over top of meat. Bake, uncovered, 8 to 12 minutes in center of oven, until meat turns translucent to opaque (white).

Remove from oven when internal temperature reaches 140°. Drizzle pan juices lightly over lobster and serve immediately with clarified butter and lemon wedges.

**Clarified Butter:**

Melt ½ cup butter over medium heat until frothy. Pour into a small glass measuring cup. Let stand 5 minutes. Skim foam from the top with a spoon and discard. Pour off clear, clarified butter to use for dipping. Discard solids left in bottom of cup.

~ Credit: Adapted from food.com