

SHRIMP AND SCALLOP STUFFED COLD WATER LOBSTER TAIL



Serves 2

INGREDIENTS

- 4 Tbs + 1 Tbs unsalted butter
- 2 garlic cloves, minced.
- 1 shallot finely chopped.
- 1/2 cup shrimp peeled and deveined, chopped.
- 1/2 cup scallops quartered.
- 1/4 lbs butter crackers, crushed.
- 1/4 cup plain panko breadcrumbs
- 1 tbsp dill finely chopped.
- 1 tbsp chives, chopped.
- 1 tbsp flat leaf parsley, chopped.
- 1 tsp lemon zest
- 1 tsp Old Bay or favorite seafood seasoning, divided.
- 1/3 cup dry white wine
- Juice of 1/2 lemon

Instructions

1. Before Starting

Preheat oven to 425 degrees.

2. Butterfly Lobster Tails (Using Tails)

Using kitchen shears, butterfly the lobster tails. Cut down the middle of the top shell, stopping at the tail fin. Using your fingers, gently ease the meat away from the shell, pulling up and over to rest on top of the shell. Place the tails in an oven safe baking dish or cast iron.

3. Fragrant Butter

Heat a medium sized skillet over medium-low heat and add 4Tbs of butter along with shallots and garlic. Sautee for 1-2 minutes or until fragrant.

4. Basting

Brush lobster tails or whole lobsters with the fragrant melted butter, pushing shallot and garlic aside, and top with ¼ tsp Old Bay Seasoning.

5. Stuffing

Add shrimp and scallops to fragrant butter mixture and season with remaining Old Bay. Cook for about 1 minute or until opaque. Add panko and cracker crumbs to mixture, tossing to coat. If the mixture is too wet, add more panko until desired texture. Remove from heat and fold in herbs and lemon zest. Dividing mixture, pack half into a 1 cup measuring cup to form before gently topping first lobster tail and pressing down slightly to stabilize. Repeat steps for second tail.
*A little spilling of stuffing onto pan is okay!

6. Oven Ready

Add white wine, lemon juice and butter to bottom of pan with lobster and bake until internal temp. of 140 degrees. Top lobster with remaining sauce and serve.