

Creamy Garlic Butter Lobster Tails: Easy & Elegant Recipe

Prepare to indulge in a truly luxurious and incredibly flavorful dish with these



OVEN
425°F

TIME
10 min

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INGREDIENTS

4 lobster tails (about 4-6 oz each, preferably defrosted if frozen)
4 tbsp butter, divided (unsalted recommended)
4 garlic cloves, minced
 $\frac{1}{2}$ cup heavy cream
... cup grated Parmesan cheese
1 tbsp lemon juice (freshly squeezed recommended)
1 tbsp chopped fresh parsley
Salt and pepper, to taste

DIRECTIONS

1. Let's get these delicious : Creamy Garlic Butter Lobster Tails prepared!
2. Prep the : Lobster Tails: Preheat your oven to 425°F (220°C). Use sharp kitchen shears to make a lengthwise cut down the top center of each lobster shell, from the meaty end almost to the tail fin, being careful not to cut through the bottom shell or the meat completely. Gently pull the meat out through the opening, resting it neatly on top of the shell. You can also butterfly the meat further by slicing it down the middle, creating two halves resting on the shell.
3. Season : Lobster: Place the prepped lobster tails on a baking tray. Sprinkle a bit of salt, pepper, and a dash of melted butter over the exposed lobster meat of each tail.
4. Bake : Lobster: Arrange the tails evenly on the baking tray and cook in the preheated oven for 10 minutes, or until the lobster meat is firm, opaque white throughout, and slightly curled. Be careful not to overcook, as lobster can become rubbery.
5. Craft the : Sauce: While the lobster bakes, prepare the sauce. In a skillet on medium heat, melt the remaining 3 tablespoons of butter. Add the 4 minced garlic cloves and sauté for about 1-2 minutes until it's aromatic and lightly golden, being careful not to burn it. Pour in the $\frac{1}{2}$ cup heavy cream and ... cup grated Parmesan cheese. Let the sauce simmer gently, stirring occasionally, until it thickens slightly to a velvety consistency (about 3-5 minutes). Incorporate the 1 tablespoon lemon juice, and season with salt and pepper to your liking.

6. **Finish and Serve:** Remove the baked lobster tails from the oven. Spoon the rich garlic butter sauce generously over the cooked lobster tails. Garnish with chopped fresh parsley. Serve immediately for a delicious, gourmet meal.

SWAPS & NOTES

Lobster Tails: Aim for similar-sized tails for even cooking. If using frozen tails, ensure they are fully defrosted before cooking.

Butter: Unsalted butter is preferred to control the overall saltiness.

Garlic: Freshly minced garlic is essential for the best aroma and flavor in the sauce.

TIPS FOR SUCCESS

Butterflying: This technique ensures even cooking and allows the seasonings and sauce to penetrate the meat thoroughly. It also makes for a beautiful presentation.

Do Not Overcook Lobster: Lobster cooks very quickly.

Overcooked lobster becomes tough and rubbery.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/creamy-garlic-butter-lobster-tails-easy-elegant-recipe/>