

Garlic Butter Lobster Tails: Indulgence Made Easy

Why This Recipe is a Favorite



TIME
6-10 min

TEMP
145°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

4 lobster tails (5-7 ounces each, fresh or thawed frozen)
1/2 cup unsalted butter, melted
4-6 cloves garlic, minced (about 2 tablespoons)
1 tablespoon fresh lemon juice
1 tablespoon fresh parsley, finely chopped, plus more for garnish
1/4 teaspoon sea salt
1/8 teaspoon black pepper
Pinch of red pepper flakes (optional, for a hint of heat)
Lemon wedges, for serving

DIRECTIONS

1. Prepare the : Lobster Tails: Using sharp kitchen shears, carefully cut down the center of the hard top shell of each lobster tail, from the thickest part almost to the tail fin. Do not cut through the bottom shell or the meat completely. Gently open the shell and separate the meat from the shell using your fingers, leaving it attached at the base of the tail fin. Gently pull the meat upwards and rest it on top of the cut shell (this is often called "butterflying" or "piggybacking"). If there's a dark vein (digestive tract) visible, gently pull it out and discard. Pat the lobster meat dry with paper towels.
2. Preheat : Oven (or Grill): Preheat your oven to broil on high heat (or preheat your grill to medium-high heat if grilling). If broiling, place an oven rack about 6-8 inches from the heating element.
3. Make the : Garlic Butter: In a small microwave-safe bowl or a small saucepan, melt the unsalted butter. Add the minced garlic, fresh lemon juice, chopped parsley, sea salt, black pepper, and red pepper flakes (if using). Stir well to combine.
4. Brush and : Bake/Grill: Place the butterflied lobster tails flesh-side up on a baking sheet. Generously brush about half of the garlic butter mixture over the exposed lobster meat. For Broiling: Place the baking sheet under the preheated broiler. Broil for 6-10 minutes, depending on the size of the tails, or until the lobster meat is opaque, white, and slightly firm. Avoid overcooking, as this can make the lobster rubbery. A general rule of thumb is 1 minute per ounce for small to medium tails.

5. For : Grilling: Place the lobster tails, shell-side down, on the preheated grill. Grill for 5-7 minutes until the shells turn bright red. Flip the tails, spoon the remaining garlic butter over the meat, and grill for another 3-5 minutes, or until the meat is opaque and cooked through.
6. Serve: Remove the lobster tails from the oven or grill. Serve immediately with extra lemon wedges for squeezing and any remaining melted garlic butter for dipping. Garnish with additional fresh parsley if desired.

SWAPS & NOTES

Lobster Tails: Aim for tails that are relatively uniform in size to ensure even cooking.

If using frozen tails, ensure they are fully thawed in the refrigerator overnight or under cold running water for a quicker thaw.

Butter: Unsalted butter allows you to control the saltiness.

If using salted butter, reduce or omit the added salt.

TIPS FOR SUCCESS

This is the most crucial tip for perfect lobster.

As soon as the meat turns opaque white and is firm to the touch (internal temperature around 140-145°F or 60-63°C), it's done.

Use Fresh Ingredients: Fresh garlic, lemon, and parsley make a noticeable difference in the flavor of the butter sauce.

Butterfly Properly: Taking the time to butterfly the tails correctly ensures even cooking and allows the garlic butter to infuse into the meat beautifully.

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

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