

Pan-Seared Lobster Tails with Decadent Garlic Butter Sauce

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OVEN
375°F

TIME
30 min

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INGREDIENTS

For the Garlic Butter Sauce: 3 tablespoons unsalted butter 2 cloves garlic (minced) 1/2 cup heavy cream 1/4 cup white wine (or chicken broth) 1/2 teaspoon Dijon mustard 1/4 teaspoon salt 1/4 teaspoon black pepper 1 tablespoon lemon juice:

DIRECTIONS

1. Steps for the : Recipe
2. Prepare the : Lobster: Preheat your oven to 375°F (190°C). Using kitchen shears, carefully cut down the center of the top of each lobster tail shell, from the end of the tail to the base. Use your fingers to gently pull the meat away from the shell, leaving it attached at the base of the tail fin. Brush the exposed lobster meat with the melted butter, and then sprinkle with the paprika, garlic powder, salt, and black pepper.
3. Sear the : Lobster: Heat the olive oil in an oven-safe skillet or pan over medium-high heat. Place the lobster tails in the hot pan, meat-side down, and sear for 2-3 minutes until the meat is golden brown and a beautiful crust has formed.
4. Bake the : Lobster: Transfer the skillet to the preheated oven and bake for an additional 5-7 minutes. The lobster meat should turn opaque and be firm to the touch when it's done. Be careful not to overcook it, as it can become rubbery.
5. Make the : Garlic Butter Sauce: While the lobster is baking, start on the sauce. In the same skillet you seared the lobster in (no need to clean it!), melt the unsalted butter over medium heat. Add the minced garlic and sauté for about 30 seconds until fragrant.
6. Build the : Sauce: Pour in the white wine and let it reduce for about 1 minute, scraping any browned bits from the bottom of the pan. Stir in the heavy cream, Dijon mustard, salt, and black pepper. Let the sauce simmer for 2-3 minutes until it thickens slightly and becomes creamy.

7. **Finish the : Sauce:** Remove the skillet from the heat and stir in the lemon juice. Taste the sauce and adjust the seasoning if needed.
8. **Assemble and : Serve:** Carefully remove the baked lobster tails from the skillet. Plate them and generously drizzle the warm garlic butter sauce over the meat. Garnish with fresh chives and serve immediately with fresh lemon wedges on the side.

SWAPS & NOTES

Lobster Tails: This recipe works best with cold water lobster tails, which have a firmer texture.

The size of the tails can vary, so adjust your cooking time accordingly.

Smaller tails may need less time in the oven.

White Wine: A dry white wine like Sauvignon Blanc or Pinot Grigio works best for the sauce.

TIPS FOR SUCCESS

Don't Overcook: Lobster cooks very quickly.

Once the meat is opaque and firm, it is ready.

Overcooking will make it tough and chewy.

Use a Hot Pan: Make sure your pan is nice and hot before you place the lobster tails in it.

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

Original recipe: <https://chefmaniac.com/pan-seared-lobster-tails-with-decadent-garlic-butter-sauce/>