

How to Make Perfect Garlic Butter Lobster Tails with a Rich Creamy Sauce

Decadent Creamy Garlic Butter Lobster Tails: The Ultimate Restaurant-Quality Dinner



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2 min

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INGREDIENTS

Lobster Tails (4): Look for cold-water lobster tails if possible, as they tend to have firmer, sweeter meat.

Olive Oil (1 tbsp): For the initial sear.

Spices: Paprika (for color and smokiness), garlic powder, salt, and black pepper.

Unsalted Butter (4 tbsp): The base of our decadent sauce.

Fresh Garlic (6 cloves): Don't be shy here; the garlic is the heart of the flavor profile.

Heavy Cream (¾ cup): Creates the velvety texture that clings to the lobster meat.

Parmesan Cheese (... cup): Freshly grated is best for melting.

Lemon Juice (1 tbsp): Essential for cutting through the richness of the cream and butter.

Red Pepper Flakes: Optional, for a tiny hint of heat.

Fresh Parsley: For that pop of color and freshness at the end.

DIRECTIONS

- 1. Prepare the Lobster (The Butterfly):** Using sharp kitchen shears, cut down the center of the top of the shell toward the tail, stopping just before the tail fin. Gently spread the shell open and use your fingers to loosen the meat from the bottom, lifting it so it sits on top of the shell. This is called "butterflying," and it ensures the meat cooks evenly while looking beautiful. Pat the meat dry with paper towels.
- 2. Season and Sear:** In a small bowl, mix your paprika, garlic powder, salt, and pepper. Lightly brush the lobster meat with olive oil and sprinkle the seasoning mix evenly over the top. Heat an oven-safe skillet over medium-high heat. Place the lobster meat-side down for just 1-2 minutes to get a light sear. Flip them back over so the shells are on the pan.
- 3. Create the Garlic Butter Cream:** Reduce the heat to medium. Add the butter to the skillet. Once melted, stir in the minced garlic and cook for about 30 seconds until fragrant-be careful not to burn it! Pour in the heavy cream, Parmesan cheese, lemon juice, and red pepper flakes. Stir gently and let it simmer for 2-3 minutes until it begins to thicken.
- 4. The Final Broil:** Spoon that glorious sauce generously over the lobster meat. Move the skillet to the oven and broil for 5-7 minutes. You are looking for the meat to become opaque and the sauce to bubble and turn slightly golden.
- 5. Garnish and Serve:** Remove from the oven, garnish with fresh parsley, and serve immediately with extra lemon wedges on the side.

SWAPS & NOTES

The Lobster: If you can't find fresh, high-quality frozen tails work perfectly.

Just ensure they are completely thawed in the refrigerator before you start.

Dairy-Free: You can swap the butter for a vegan buttery spread and the heavy cream for full-fat coconut milk, though it will slightly alter the flavor profile.

Spices: If you want a deeper flavor, try smoked paprika instead of regular paprika.

TIPS FOR SUCCESS

Don't Overcook: Lobster can go from tender to rubbery in a matter of seconds.

As soon as the meat is opaque and reaches an internal temperature of 140°F (60°C), pull it out.

Dry the Meat: Always pat the lobster meat dry before seasoning.

This helps the oil and spices stick and ensures a better sear.

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

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