

Simple Grilled Lobster

If you have been searching the Internet for Grilled Lobster Recipes, you have probably seen many that would take a master chef to produce. What with all the sauces, salsas and butters, not to mention the stuffings, salads and rice dishes. Here is a simple recipe that if you do any grilling you will be more than ready for and your guests will treat you like a grilling god.



Ingredients:

- Your favorite Bar-B-Q sauce (your mix or bottle)
- Key Lime Juice (if you don't have any Key Lime Juice you can use a mix of 2/3 lime juice and 1/3 lemon juice)
- Honey
- 1 Florida Lobster tail per diner

I haven't given any exact amounts of these ingredients to allow this to fit any size grilling party.

Preparation:

If you start with live lobsters, you must kill them first by boiling, for three to seven minutes depending on how many and how large they are. You don't want them well cooked, that will be completed on the grill. Bring a large pot of salted water to a full rolling boil and submerge lobsters, head first. Let boil, drain and cool, I would suggest placing them in an ice water bath to stop any further cooking, before proceeding.

Mix enough Bar-B-Q sauce to baste the number of lobsters you will be grilling. About 1/2 cup per tail. Add honey 1/8 cup per cup of Bar-B-Q sauce. Add Key Lime Juice 1/4 cup per cup of Bar-B-Q sauce.

Remove the meat from the tails by cutting down the center of the underside with heavy shears. Coat all sides of the tail meat with the sauce. Place on a medium-high heat grill. Grill for 5-6 minutes on each side (depending on the size), basting every few minutes. If you are starting with pre-boiled tails cut the grilling time to 4-5 minutes. Coat the inside of the empty tail shells with the sauce and place on the grill for the final 3 minutes (you will want to cook the tail shells to be sure not to transfer any uncooked portions, they will not take long so watch them). Remove all from the grill and let sit for several minutes. Return the cooked lobster tails to the shells for serving.