

# Steamed Lobster Tail



**SERVINGS**  
5

**PREP TIME**  
15 MINUTES

**COOK TIME**  
20 MINUTES

## INGREDIENTS

lobster tail - 1 large (8-10 oz)  
or 2 small per person – thawed

½ cup white wine

½ cup water

6 tbs butter

1 fresh lemon, halved

2 cloves garlic – crushed

salt and pepper to taste

## DIRECTIONS

Preheat oven to 400°.

Put water, wine, salt, pepper, 2 tbs of butter into a casserole dish. Squeeze juice of 1/2 lemon into dish. Add lobster hard shell side facing down. To help prevent curling, run a skewer lengthwise through the tail.

Bake for 20 minutes.

Meanwhile, melt the remainder of the butter. Add the juice from the other lemon half along with the garlic. Drizzle over plated lobster.

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