How To Grill Lobster Tail On A Big Green Egg

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##### **Yield:** 8 tails (serves 4 people, 2 small lobster tails each)

##### **Prep Time:** 10 Minutes

##### **Cook Time:** 15-20 Minutes (depending on desired doneness)

**Cook Temp**: 450˚ F - with plancha

# Ingredients

### *Measure* ***Ingredient Prep Notes***

### 8 ea **Lobster, Tail Cold Water 4oz wt each**

### 3 stick **Butter, Salted**

### To taste **Rub-A-Dub**

### To taste **Garlic, Fresh, Crushed**

### Garnish **Lemon Wedges**

### Garnish **Parsley, Italian, Fresh**

# Prep Directions:

Make sure the lobster tails are fully defrosted before cutting thru the shell and into the tail meat

Set the knife tip at the end of the tail and slowly cut into the shell

Be sure to only cut about 80% of the way thru the meat

Once you cut thru the shell into the meat, remove the sand vein

Slowly and carefully remove the meat from the shell, being careful not to tear the meat

Push the shell back together in the middle

Lay the lobster meat on top of the shell

Butter and season to taste

# LOBSTER Notes:

Cold Water Lobster – typically found in the north Atlantic and in the cooler coastal waters

\*\* Cold water tails tend to be firmer, sweeter and have a whiter meat

Warm Water Lobster – typically named for the warm water locations it is found

\*\* Warm water tails tend to be softer, have a more fishy taste and have a darker or off white color

# Preparation Directions:

Wash all tools prior to use

Clean and sanitize all cutting boards and prep surfaces prior to use

Read all manufacturer’s instructions before using grills, starters and any cooking tools

Make sure your plancha is seasoned prior to its first use

10-15 Minutes Ahead – prep lobster as follows

Make sure the lobster tails are fully defrosted before cutting thru the shell and into the tail meat

Set the knife tip at the end of the tail and slowly cut into the shell

Be sure to only cut about 80% of the way thru the meat

Once you cut thru the shell into the meat, remove the sand vein and rinse if needed

Slowly and carefully remove the meat from the shell, being careful not to tear the meat

Push the shell back together in the middle

Lay the lobster meat on top of the shell

Butter and season to taste

Place in fridge to keep cold while grill is pre heating

To Light Your Big Green Egg…

Stir charcoal in the Big Green Egg and Top off with Fresh Charcoal, move charcoal pile to one side to create that Dual Zone or Indirect Setup

Clean out ash pit if needed

Open Bottom vent and top vent for maximum air flow during startup process

Make a well towards the one side of the Egg and ignite the charcoal using speedilight starters or an EGGniter

When temp hits 200˚ add the Big Green Egg Plancha/Griddle on top of the grill grate, over the hottest side of the egg

Place the butter in a small saucepan and melt (should take 3-5 minites), this keeps the milk solids and fat combined and prevents separation. Season to taste with Garlic and Rub a Dub if desired or season with salt and pepper

Close the dome

Heat to pit temp of 450˚ and hold

Burb Big Green Egg and Open dome

Once grill is preheated to 450 degrees

Place the tails onto the plancha and close the dome

Start to watch closely for 15-20 minutes, or until internal temp reaches 145 degrees

Be sure to BURP the Big Green Egg each time, before opening

How to tell when the tail is fully cooked

Will turn from pale color to white color with orange bands

Should be white in the center of the tail

Cook to internal temperature of 145 degrees

TIP – to ensure tail stays nice and juicy, cook until just done and allow residual heat to finish the tail, over cooking will make tail dry and rubbery

Remove from grill and brush with butter and season as needed

Serve with melted/drawn butter

**SHOPPING LIST**

Big Green Egg, XLarge Ace SKU –

Big Green Egg, Plancha/Griddle Ace SKU – 8036805

Charcoal, Big Green Egg Ace SKU – 8697104

Big Green Egg, EGGniter Ace SKU - 8695330

Rub-A-Dub, 5280 Culinary Ace SKU – 8562050