Lobster on the Traeger

Wood fired flavor meets Cold Water Lobster and together they make something quite tasty. Nothing compares to the flavor of lobster, wood fire and smooth drawn butter. This quick and easy recipe will make you a lobster pro

Chef Jason K. Morse, CEC | Ace Hardware Grill Expert | Owner, 5280 Culinary

##### **Yield:** 2 Tails (20 oz tails)

##### **Prep time:** 5 Minutes Prep

##### **Total time:** 30-35 Minute cook time

# Ingredients

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

### 2 ea Lobster, Cold Water Tail, 20 oz Defrosted

### 4 Stick Butter, Salted

### Taste Rub A Dub, 5280 Culinary

### Taste Garlic, Crushed

### Taste Parsley, Fresh, Chopped

# 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

# Cooking Directions:

* Preheat your Traeger to 450 degrees
* 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
* Place the butter in a small sauce pan and melt on low temperature, this keeps the milk solids and fat combined and prevents separation. Season to taste with Garlic and Rub a Dub
* Once grill is preheated to 450 degrees
* Place the tail onto the grill grate, close to center or over the fire pot
* Start to watch closey for 20-30 minutes, or until internal temp reaches 145 degrees
* 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

# Grills / Grill Gear Used:

* Traeger Pro780 Ace SKU – 8016780
* Traeger Digital Thermometer Ace SKU - 8686818

# Products Used:

* Lobster, Cold Water Tails – 20 oz Grocery Store, Market or Club
* Butter, Salted
* Rub A Dub, 5280 Culinary Ace SKU – 8562050