

TISCHLER'S MARKET

Meat | Seafood | Deli

Choice & Prime Steaks, No Growth Hormones, No Antibiotics

LOBSTER TAILS

1. Thaw tails under cool running water then refrigerate them until you are ready to bake them
2. Pre-heat oven to 400°F
3. Split the top of the shell lengthwise and separate the meat from the shell, allowing tail portion to remain attached
4. Place meat on top of the shell “piggy-back” style, brush it with butter, garlic, lemon juice or white wine, and season with paprika if desired
5. Place tails into baking pan and pour small amount of water into the pan
6. Baking time will vary according to the size of tails and heating characteristics of individual ovens. 6, 7, and 8 oz. tails take approximately 8 minutes in a conventional oven. As soon as the flesh turns from translucent to white, the tails are done.

NOTE: If you would like to BBQ the lobster tails on a grill, we recommend you pull the meat completely out of the shell and cook directly on a clean surface. Cook on a low flame for more control while waiting for the flesh to turn white.

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