

Grilled Lobster Tails with BBQ Butter



September 15, 2022

In New England, a typical lobster boil is a steamed or boiled lobster, butter, a piece of corn and a bag of potato chips. This is my deconstructed barbecue-flavored, grilled version that can be served as a starter or a main course. If you cook frozen lobster tails, add about 4 minutes to the cooking time.

Serves 4

Ingredients:

Lobster:

- 4 lobster tails, 4 – 6 oz. each and butterflied*
- BBQ Butter—see next page
- Cape Cod potato chips, optional—or for fun!

Method:

**If you've never butterflied a lobster tail, It's very easy to do as long as you have a good pair of kitchen scissors. The Messermeister pull-apart scissors are my favorite and I use them for everything!! Turn the lobster tail over and cut the spiny membrane in the back. You can cut it down the middle or cut a section out depending on how much basting you want to do.*

1. Make the BBQ Butter using the recipe below. Store covered in the refrigerator until ready to use.
2. Preheat the grill to medium-high heat.
3. Melt $\frac{1}{4}$ cup butter in a small saucepan. Brush generously all over the butterflied lobster tails. Place the lobster on the cooking grate, shell side down, cover the grill and cook until the shells turn bright red and are just beginning to char, about 4 minutes.
4. Turn the tails over and continue cooking until the flesh is just cooked through, 3 to 4 minutes more. Brush again with the melted butter.
5. Serve at once with a nugget of the BBQ Butter placed on top of the lobster tail and served with warm **BBQ Corn Sauté** [You could also serve the lobster with a side of the melted BBQ Butter for dipping.]

WHAT'S 4 DINNER?

#RECIPESTHATDISH

BBQ Corn Saute:

- 4 ears of fresh corn, kernels removed
- 4-6 generous tablespoons of BBQ Butter
- 1 tablespoon fresh or dried minced chives

1. Remove kernels from the cob and place in a medium-large sauté pan with lid. Add about 1 generous tablespoon per cob of corn to the pan. If the ears of corn are large and you need more butter, add it.
2. While lobsters are grilling, turn the heat on medium low and put the lid on the pan. You want to butter to bubble and the corn to sauté and steam lightly. Stir occasionally to make sure all the corn is coated with the melted BBQ Butter. Add chives and stir well.
3. Serve with the grilled lobster either in the shell if your guests don't mind working the meat out of the shell, or out of the shell to make it easier to eat.

Elizabeth's BBQ Butter:

Makes 1 log, a generous 1 cup

- 2 sticks unsalted butter, softened at room temperature
- 3-5 tablespoons cooked and minced thick-cut bacon
- 2 tablespoon Classic BBQ Rub

1. Mash or stir butter and bacon "bits", until it is smooth and slightly fluffy. Add BBQ rub and, mix together. Mix mashing with the back of a fork to make sure all the ingredients are incorporated. Mix well. Taste for seasoning. Add more salt and or more rub, if needed.
2. On a piece of parchment or plastic wrap, drop butter in spoonfuls to form a log. Roll butter in plastic wrap and smooth out to form a round log. Refrigerate until hard and easy to cut into pieces. Can be made in advance and stored tightly covered in the refrigerator for up to a week
3. and in the freezer for up to 3 months.
4. Cut into 4 pieces before using for this recipe. You will melt 1/4 of it for basting, and top the lobster with more of the butter for serving as well as using the butter for the BBQ Corn Sauté.

Classic BBQ Rub:

- 2 tablespoons smoky Spanish paprika
- 2 tablespoons kosher salt
- 3 tablespoons sugar
- 2 tablespoons brown sugar
- 1 tablespoon cumin

WHAT'S 4 DINNER?

#RECIPETHATDISH

- 1 tablespoon chili powder
- 1 tablespoon freshly ground black pepper
- 2 teaspoons cayenne pepper
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon celery salt
- 1 teaspoon oregano, crushed

1. Combine paprika, salt, sugar, brown sugar, cumin, chili powder, pepper, cayenne, onion powder, garlic powder, celery salt and oregano in bowl; mix well.
2. Extra rub can be stored in an airtight container for up to six months.