



Butter Poached Lobster Tails



Vegetarian



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



1

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 serving butter unsalted as needed cut into small chunks,



1 tablespoon water

Equipment



frying pan



sauce pan



whisk



kitchen thermometer



stove

Directions

☐ Determine how much butter you will need by placing the lobster tails in a large enough pan, side by side; add just enough water to cover. Immediately remove the lobster tails, drain them, set aside; and measure the water in the pan. You will need this amount of butter to cover and poach the tails. When you are about an hour from serving the lobster tails, take them out of the refrigerator and bring them to room temperature. To make the Beurre Monte: In a saucepan, bring the 1 tablespoon of water to a boil over high heat; reduce the heat to low and begin adding the chunks of butter (a little at a time) whisking to emulsify. Once the emulsion is started, more butter may be whisked in faster. Hold the temperature of the Beurre Monte between 160 and 190 degrees for poaching. DO NOT BOIL OR THE MIXTURE WILL BREAK! The mixture should have the consistency of a very thick butter sauce. NOTE: Beurre Monte can be set aside on the stove after being prepared. You should use the beurre monte within an hour after you make it. When ready to poach the lobster tails, use a thermometer and bring the beurre monte up to at least 160° degrees, but not over 190° degrees. Depending on how large and how many lobster tails you are preparing, will determine how long to poach them; it usually takes from 5 to 7 minutes. They should not be rubbery but of a soft consistency (almost as if not completely cooked). The lobster should be white and not very opaque in color. When done, remove them from the Beurre Monte and serve.

Nutrition Facts

 PROTEIN 0.46%  FAT 99.5%  CARBS 0.04%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.22347826032859%

Nutrients (% of daily need)

Calories: 35.85kcal (1.79%), Fat: 4.06g (6.24%), Saturated Fat: 2.57g (16.05%), Carbohydrates: Og (0%), Net Carbohydrates: Og (0%), Sugar: Og (0%), Cholesterol: 10.75mg (3.58%), Sodium: 1.3mg (0.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.09%), Vitamin A: 124.95IU (2.5%)