



Hot Lobster Roll with Lemon-Tarragon Butter

READY IN



45 min.

SERVINGS



6

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 6 servings canola oil for brushing
- 1 pinch cayenne
- 1 tablespoon tarragon fresh finely chopped
- 6 hot dog buns
- 1 juice of lemon fresh
- 6 servings kosher salt
- 6 servings kosher salt and pepper black freshly ground
- 1 teaspoon lemon zest finely grated

- 4 pound lobsters
- 2 sticks butter unsalted

Equipment

- bowl
- frying pan
- sauce pan
- pot
- grill

Directions

- Watch how to make this recipe.
- To par-cook the lobsters: Bring a large pot of salted water to a boil.
- Add the lobsters and cook about 7 minutes; they will be about three-quarters done.
- Drain well and let cool.
- Cut in half lengthwise.
- Heat a charcoal or gas grill to high for direct grilling.
- Brush the cut-side of the lobsters with some oil and sprinkle with salt and pepper. Grill, cut-side down, until slightly charred. Flip and continue grilling until lightly charred and heated through.
- Remove the lobsters from the grill and let cool slightly.
- Brush the insides of the hot dog buns with some oil and sprinkle with salt and pepper. Grill until just toasty.
- Remove the tail and claw meat from the lobsters. You can cut them, but just enough to give you about 2 very large pieces per bun. Drop them into the Lemon-Tarragon Clarified Butter and give them a good soaking. Spoon the lobster into the toasted buns and serve immediately.
- Melt the butter slowly in a medium saucepan over low heat.
- Let it sit for a bit to separate. Skim off the foam that rises to the top, and gently pour into a bowl, leaving behind the milk solids, which have settled to the bottom of the pan.

- Put the clarified butter in a large saute pan over low heat.
- Add the lemon zest, lemon juice and tarragon, and season with salt, pepper and cayenne if desired.

Nutrition Facts

PROTEIN 12.78% **FAT 71.94%** **CARBS 15.28%**

Properties

Glycemic Index:38, Glycemic Load:13.1, Inflammation Score:-7, Nutrition Score:18.886956712474%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 582.85kcal (29.14%), Fat: 46.96g (72.24%), Saturated Fat: 20.92g (130.73%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 21.48g (7.81%), Sugar: 3.26g (3.62%), Cholesterol: 188.51mg (62.84%), Sodium: 766.88mg (33.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.77g (37.54%), Selenium: 65.86µg (94.08%), Copper: 1.21mg (60.32%), Vitamin E: 4.19mg (27.94%), Zinc: 3.39mg (22.57%), Manganese: 0.4mg (20.19%), Vitamin B12: 1.21µg (20.12%), Vitamin A: 1002.6IU (20.05%), Phosphorus: 192.74mg (19.27%), Vitamin B1: 0.25mg (16.95%), Vitamin B3: 3.25mg (16.27%), Calcium: 156.43mg (15.64%), Vitamin K: 15µg (14.29%), Folate: 53.84µg (13.46%), Vitamin B5: 1.28mg (12.79%), Magnesium: 47.47mg (11.87%), Iron: 2.09mg (11.62%), Vitamin B2: 0.17mg (9.88%), Potassium: 274.18mg (7.83%), Vitamin B6: 0.15mg (7.4%), Vitamin C: 3.51mg (4.26%), Fiber: 0.96g (3.83%), Vitamin D: 0.56µg (3.77%)