



## Lobster tails with garlic, honey and Chardonnay sauce.

Lobster is the perfect food of love, and is ideal to share on Valentine's night or any night of the week! Like many foods of the sea, the lobster's aphrodisiac history can be traced back to the ancient Greeks. They believed their goddess of love, Aphrodite, was born of the sea and that all ocean creatures were her playthings in the games of love.

08LOBTR00E7U

LOBSTER: TAILS - RAW - SPLIT & CLEANED (3 TAILS)



**Prep Time & Cooking Time: 10 minutes and 15 minutes**

### Ingredients for 2

- 08LOBTR00E7U      LOBSTER: TAILS - RAW - SPLIT & CLEANED: 2 Halves
- Shallot fine diced: 20gm
- Butter: 50gm
- Garlic Cloves fine diced: 2
- Chardonnay: 130ml
- Lemon: 1
- Lemon wedges: 6
- Honey: 60gm
- Chopped Parsley: 3gm
- Salt and pepper:
- Skinny French Fries: 180gm
- Lemon Mayonnaise: 50gm



## Lobster tails with Garlic, honey and Chardonnay sauce

### Method

#### 1

This split and cut tails just need thawing. They are fully prepared ready to bake - the perfect prepared lobster tail.

Place lobster tails, meat side up, on baking sheet.

#### 2

To make the sauce, melt the butter, then add the diced shallot and garlic and cook until soft. Add the white wine and bring to the boil.

Allow to simmer and let reduce by half. Add the honey, the juice and zest of one lemon. The sauce should be syrupy in texture. Season. Set aside.

#### 3

Using half of the honey and the chardonnay syrup sauce from step 2, spoon over the lobster tail meat and reserve the remaining sauce for serving.

#### 4

Bake in a hot oven at 180°C for 12-14 minutes, or until the lobster meat is opaque, and the edges are slightly charred.

#### 5

Deep fry French fries at 175°C until crisp and toss in salt. Place in chip cone.

#### 6

Garnish with chopped parsley (lots) and lemon wedges and serve immediately with the remaining warmed sauce on a wooden board. Add the cone of skinny French fries and lemon mayonnaise.