



## Florida Lobster with Tomato-Herb Penne Pasta

### Ingredients

- 1 Pound lobster tail meat, cooked
- 3 Tablespoons olive oil
- 1 Medium onion, minced
- 2 Cloves garlic, minced
- 1 (28-ounce) can Italian-style tomatoes, drained and diced
- ½ Cup clam juice or fish stock
- 1 Tablespoon red wine vinegar
- 2 Tablespoons fresh basil, minced
- ¾ Teaspoon fresh oregano, minced
- ¾ Teaspoon fresh thyme, minced
- ¾ Teaspoon fresh rosemary, minced
- ¼ Teaspoon cayenne pepper
- ⅓ Cup heavy cream
- Sea salt and fresh ground pepper to taste
- 1 Pound penne pasta

### Preparation

Cut lobster tail meat into bite-size pieces. In a large saucepan, heat oil over medium heat; add onion and garlic and sauté 10 minutes until onion is soft.

Add tomatoes, clam juice, vinegar, herbs and cayenne; bring to boil. Reduce heat and simmer 5-8 minutes. Slowly stir cream into the sauce; add lobster pieces and simmer 20 minutes.

Season to taste with salt and pepper. Cook pasta in boiling salted water until just tender; drain and return to pot. Pour the lobster sauce over and toss to coat.

### Yield

6 servings



## Sweet Cream Butter Broiled Florida Spiny Lobster Tails

### Ingredients

- 4 6-to-9-ounce spiny lobster tails, split open in the shell
- ¼ Stick unsalted butter, softened at room temperature
- Sea salt and fresh ground pepper to taste
- Fresh lemon

### Preparation

Preheat oven broiler on medium high. Place all four of the lobsters on a cookie sheet, and make sure they are opened up down the middle. Evenly spread the softened butter over each of the lobster tails meat. Lightly season each lobster tail with salt and pepper. Place lobsters in the oven on the middle rack under the broiler. Let lobster cook under the broiler for about 7 minutes or until just barely cooked throughout. Remove lobsters from oven and let cool slightly. Serve lobster tails warm with fresh lemon.

### Yield

4 servings



## Grilled Spiny Florida Lobster Tail

### Ingredients

- ½ Cup butter, softened
- ¼ Cup olive oil
- 2 Large shallots, peeled and quartered
- 4 Cloves garlic, peeled and halved
- 1 Teaspoon cayenne pepper
- Sea salt and fresh ground pepper to taste
- 4 Whole spiny lobster, split in half lengthwise

### Preparation

Combine first 6 ingredients in processor and blend until almost smooth. Spread 1 heaping teaspoon seasoned butter over each lobster tail.

In a small saucepan melt remaining seasoned butter; keep warm. Grill lobster tails, shell side down, 6 minutes.

Turn over and grill until meat is just opaque in center, about 2 minutes. Serve with melted butter.

### Yield

4 servings