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THREE METHODS FOR COOKING LOBSTER

CONVECTION STEAM

One of the best aspects of a Convection Steam oven is that it offers a variety of cooking options so you are never limited to cooking a dish in only one way. Lobster tails are a great example, they can be steam roasted, steamed or broiled with steam if your oven has that option.

To enjoy the sweet delicate flavor of the lobster meat in a salad or lobster roll, steaming will yield the best results. Coating the lobster meat with some garlic and spice infused butter and either roasting or braising it will on the other hand yield a much more robust flavor.

If you are steaming the lobster tails allow them to cool before cutting the shell away. However, for the higher heat preparations, cutting the shell away and exposing the meat is definitely the best option. To achieve the best flavor and texture watch the cooking time carefully, so they don't overcook.

Steamed Lobster Tails

Preheat the oven in the Steam Mode 212°F.

Place the lobster tails in the solid



stainless pan or an oven proof container. Add ½ a cup of water and a tablespoon of white wine or dry vermouth and some lemon slices. Slide the pan into the oven and set the timer for 8 -10 minutes. (smaller tails will cook in 8 minutes).

When the timer has elapsed remove the pan from the oven and remove the lobster tails from the hot cooking liquid so they can cool

down. When cooled, cut down each side of the belly shell and peel it away. You should now be able to easily remove the lobster meat.

Steam Roasted Lobster Tails

Preheat the oven in the Combination Convection Steam Mode 350°.

Cut down the center of the shell

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in a straight line and pull the shell apart on each side to release the meat. Carefully pull the meat from the shell, push the sides of the shell back together and drape the meat over the shell. Brush the meat with garlic infused melted butter and the seasoning of your choice.

Place on a small rimmed baking sheet and slide into the oven. Set the timer for 8 minutes for smaller tails and 10 minutes for larger tails.

Steam Broiled Lobster Tails

Prepare the lobster tails as noted above and place on a small rimmed baking sheet.

You will be placing the the baking sheet on the second rack position from the top. The tails will be close to the broil element but not

touching it and set the oven to 450 °F in the Steam Broil Mode.

Slide the prepared tails into the oven and cook for 6 - 8 minutes. Keep the oven door closed and keep an eye on the tails to monitor the cooking.