

## Lobster on the Barbeque!

Lobster on the Bar-B-Q will make you look like a rock-star 'Griller'! What might start as a special occasion grilling feast, could turn into an all-out, summer 'Lobster Bash'! Warning: when becoming a master at 'Lobster Grilling': your list of weekend guests may grow exponentially.  
(Photo courtesy of Red Lobster)

**SERVINGS:** 2 | **PREP:** 10 minutes | **COOK TIME:** 15 minutes | **TOTAL TIME:** 25 minutes



### INGREDIENTS

- 1 Live Lobster (1.5 Lbs Is Ideal)
- 1 Tablespoon Butter (Melted)
- 1 Lemon (Juice Squeezed)

### INSTRUCTIONS

- Clean grill, brush with oil ( canola, safflower, or corn oil ), and preheat to medium high
- For the whole lobster, par-boil it first by dropping the lobster into a pot of boiling water 4-5 minutes; remove and place into an ice bath (water and ice) right away to stop the cooking. After a few minutes remove it from the water bath.
- Slice the lobster down the middle lengthwise to cut in half. Clean out the tomalley (green substance found in cavity of lobster of which you can use for sauces and flavoring to seafood chowder).
- You can choose to remove the claws and grill independently. If you leave the lobster whole, poke a small hole in the claw area to create some air, with a small pointed knife.
- Brush the flesh side of tails with butter and lemon and sprinkle with salt and pepper.
- On a pre-heated grill, lay the lobster flesh side down and cook for five minutes. Turn over, brush more lemon butter on tails and cook for another five minutes. Meat should be tender and opaque.
- Serve with lemon and butter on the side.
- You can sprinkle a bit of herbs or spices on the tails if you like, or slather with Bar-B-Q sauce.

\*For Lobster tails only, there is no need to par-boil. Cut tails down the middle, brush with butter, lemon, herbs or spices, and grill the same way.

### NOTES

Pairs really well with Sauvignon, a Vouvray, or light beer.

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