

Honey-Soy Glazed Lobster Tails

Grilling lobster tails is a no-fuss way to prepare this indulgent seafood. Serve with fragrant Jasmine rice and grilled bok choy for a light, al fresco dinner.

Yield: 4 servings

INGREDIENTS:

3 tbsp honey

3 tbsp butter

2 tbsp soy sauce

1 tsp minced fresh ginger

1 tsp fresh lime juice

Suggested Accompaniments

Grilled bok choy (see tip)

Jasmine rice

8 fresh or thawed, frozen lobster tails

(about 4 oz each)

1/4 tsp each salt and freshly ground black pepper

Snipped fresh chives

Lime wedges

METHOD:

Preheat one side of grill to low, one side to medium-high; grease well.

Stir honey with butter, soy sauce, ginger and lime juice in a small, barbecue-proof saucepan or foil pan. Place on cooler side of grill and heat, stirring occasionally.

Use a sharp heavy knife to cut through shell, leaving the fin end of tail intact. Spread open like a book to expose flesh. Arrange tails on a tray and bring to grill. Brush with some of the warm honey mixture.

Place tails, cut-side-down on hot side of grill. Cook for 4 to 6 minutes or until lobster is opaque and well marked. Turn and baste with additional warm honey mixture. Transfer to a platter and garnish with chives and lime wedges.

TIP: Grilled bok choy: Halve 6 small bok choy lengthwise, keeping root end intact. Place in a bowl with 2 tbsp water; microwave for 3 minutes. Pat dry and toss with a drizzle of oil. Season with salt and pepper. Grill alongside lobster for 1 to 2 minutes per side or until charred.

Be sure to allow honey mixture to heat through for at least 5 minutes after basting the uncooked lobster before the final glaze.



PAIR WITH: Limited Edition Blanc de Noir Wine



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