



## BUTTER POACHED LOBSTER WITH RISOTTO

*Serves 2-4*

### Ingredients:

4 to 8 lobster tails, 2 per person  
 1 cup high-quality butter  
 sea salt, to taste  
 sprinkle of smoked paprika  
 ground black pepper  
 2 tablespoons chopped parsley  
 1 lemon

### For Risotto:

2 tablespoons butter  
 1 small onion, diced  
 3 minced garlic cloves  
 1 cup Arborio rice  
 1/2 cup white wine  
 4 cups chicken broth  
 sea salt, to taste  
 1/2 cup grated parmesan cheese

Recipe courtesy of [tatyanaeverydayfood.com](http://tatyanaeverydayfood.com)

1. Prepare the risotto first. Heat the broth in a large sauce pot until hot and simmering. Preheat a large sauté pan over medium heat and melt the butter in the pan. Next, add the diced onion and garlic. Sauté the mixture over medium heat for 3 to 4 minutes, until the onion is translucent but not browned. Add the rice next and season with salt, coating the rice in the melted butter and toasting for a few minutes.
2. Add the wine next and simmer it for a few minutes until the rice absorbs the liquid. Begin adding the chicken broth, 1/2 cup at a time, whisking constantly as the rice cooks over medium heat. This process will take about 25 to 30 minutes. Once all the liquids have been added and the rice is cooked, add the parmesan cheese, and allow the cheese to melt. Cover the risotto with a lid and keep warm.
3. Next, prepare the lobster. Bring a large pot of salted water to a rolling boil. Place thawed, not frozen, lobster tails into the boiling water and set a timer for 7 minutes for 5 oz lobster tails (adjust the timing according to size; increase time by 30 seconds for each additional ounce). Remove the tails from water and place into a bowl of ice water immediately.
4. Once the tails have cooled down enough to handle, peel them using the help of a tea towel. Place lobster facing down into the palm of your hand and give the shell a few gentle squeezes to crack the shell. Use kitchen shears to split the shell in half on the underside. Peel the shell gently away from the meat.
5. Melt the butter of poaching a small sauce pot just big enough to accommodate the tails. Season the butter with salt, pepper, smoked paprika and parsley. Once the butter comes up to a simmer, add all the tails in and poach in the butter for about 1 to 1 1/2 minutes, rotating the tails frequently. Serve the tails immediately over a bed of risotto and pour a few tablespoons of butter over the top. Add a squeeze of lemon juice right before enjoying.