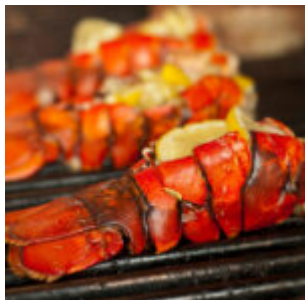


# Grilled Baby Lobster Tails with a Shallot Tomato Salad



**Plan Z Phase:** This is a Z2 (ZReduction) recipe.

Fancy on the budget, but light on calories. This dish will make you feel spoiled, even when you are on a diet!

## **Ingredients:**

- 4 small lobster tails. Each tail will have about 3 oz of meat.
- $\frac{1}{2}$  cup of fresh-squeezed orange juice
- 1 tsp of liquid smoke
- A dusting of Italian seasoning mix or mesquite pepper mix (your choice)
- 1 large shallot minced
- 15 cherry tomatoes, quartered lengthwise
- 2 cups of salad greens
- Slight drizzle of balsamic vinegar reduction
- Salt and pepper to taste
- Fresh minced chives for garnish

## **Serving Suggestions:**

When you buy your lobster tails you'll either have to remove the soft undershell with a pair of sharp kitchen shears or have your fishmonger remove them for you. You might also be able to buy frozen tails with that portion already removed.

On a large plate take your thawed lobsters and set them flesh-side up. Mix the orange juice and the liquid smoke together and drizzle it over the flesh of the tails. Sprinkle on your seasoning of choice. Let sit for 15 minutes so the flavors meld.

If using wooden skewers, soak them while the lobster marinates so they won't burn on your grill.

Heat your grill to medium high.

Thread your lobster tails on the kabob sticks. This way they won't curl while you grill them. Spray them very lightly with olive oil spray so they won't stick to the grill.

Grill on medium high, flesh side down, for two minutes. They should have slight grill marks. Then turn grill to medium and carefully turn them over so the shell-side is on the grill. Grill 2 to 3 minutes more or until lobster is no longer opaque. In the pictures I'll show you how to remove the lobster from the shell and how to be sure the lobster is fully cooked.

When you bring the lobster from the grill you can quickly assemble your salad. Put greens on the plate. Top with cherry tomatoes and shallots. Then ever, so slightly, drizzle less than a  $\frac{1}{2}$  tsp of balsamic reduction for your salad dressing. Add the minced chives on top.

Remove the lobsters from the kabob sticks. Grip the lobster meat with your fork at the tail side and pull toward the other end. If the lobster meat readily pulls away from the shell entirely the lobster is done. If it doesn't pull away or leaves a mess of

meat stuck to the shell, put them back on the grill for 2 – 3 minutes more to be sure they are done and then the meat will come off easily. To serve you can remove all meat and then just set it back inside the shell for a nice presentation.

Even with no butter for dipping this dish has a wonderful flavor – a fresh seafood delight.

Enjoy!

Cheers!