



Quality Time Tuesday
LOBSTER THERMIDOR

- 4 lobster tails, cooked
- 4 tablespoons butter
- 1 teaspoon fresh garlic, crushed
- 2 tablespoons flour
- 1¼ cup heavy whipping cream
- 2 tablespoons sherry
- ½ cup parmesan cheese, grated
- ½ teaspoon Old Bay seafood seasoning
- sea salt, to taste
- white pepper, to taste

1. Cut each lobster tail lengthwise. Remove meat & chop into small bite-size pieces. Save lobster shells for serving.
2. In a medium saucepan over medium heat, melt butter. Add garlic & cook for 2 minutes. Stir in flour & cook for 5 minutes until golden. Whisk in heavy cream & sherry then simmer on low for 10 minutes. Whisk in parmesan then season with Old Bay, salt & pepper.
3. Add lobster meat to sauce & cook for 5 minutes. Spoon mixture into lobster shells. Place on a foil-lined pan & place under the broiler. Lightly broil for 2-4 minutes until golden.

servings: 4 / prep time: 15 minutes / cook time: 30 minutes