

Panko-crusted Maine Lobster Tail



One great Lobster tail, two great ways to serve it. This split recipe is served with the same accompaniments.

You will need:

Pecans, walnuts, and almonds, ground 1 cup
1 cup Panko, or try ground nuts
Cornstarch
3-4 Egg whites, beaten
Nutmeg
Green peppers, ground
Salt
Peanut oil for sauté

Step 1. Split the tails lengthwise. Pat dry.

Step 2. Dredge lightly in the starch, whites and either the nuts or panko.

Step 3. Sauté in medium hot oil, on one side till lightly browned, and turn to finish cooking. The process should not take more than 3-4 minutes. NOTE* If the tails curl too tightly, it means the heat is too high; the meat cooks best at a lower temperature

Step 4. Reserve till the rest of the meal is ready or plate immediately.

Tastes Great with any of these:

Lemoncello and Papaya puree
Coconut flavored jasmine rice
Haricot vert
Roasted red pepper strips