



## LOBSTER TAILS POACHED IN BASIL-CILANTRO OIL WITH GARLIC

In spite of its strong flavors, the basil-cilantro oil makes a mellow poaching sauce because it is tempered with a little butter and because the sliced garlic is cooked over low heat so it is not pungent. (I also poach extra-large shrimp the same way.)

Cold-water lobster tails are approximately 5 ounces each with shell, so two lobster tails per person usually suffice as a main dish when served with bread to dip in the poaching oil and a salad of greens, tomatoes, and avocado.

### 4 SERVINGS

2½ pounds lobster tails

¼ cup Basil-Cilantro Oil  
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2–4 large cloves garlic, cut  
in half lengthwise and  
thinly sliced

Sea salt and freshly  
ground black pepper

¼ teaspoon red pepper  
flakes (optional)

2 tablespoons butter

Grated zest of  
1–2 lemons (about  
2 teaspoons)

Zested lemons, cut  
in half

1. While preparing the poaching sauce, place a 4-quart pot of water, covered, over high heat. When it comes to a boil, turn down the heat to keep it at a simmer. Add the lobster tails and simmer for 4 minutes, no longer. Remove with a slotted spoon to a cutting board and remove the shells. (They are usually sold with the shells split down the back to make them easy to pull off.)
2. To make the sauce, heat a large skillet over medium heat, then add the oil, garlic, salt and pepper to taste, and pepper flakes, if using. When it sizzles, turn the heat to low and cook the garlic for about 1 minute without browning. (If necessary, push the garlic to one side or remove with a slotted spoon to a dish for serving at the table.) Stir in the butter. When the butter has melted, add ½ to 1 teaspoon of the lemon zest.
3. Add the lobster tails and cook for 3 to 4 minutes.
4. Squeeze the juice from 1 or 2 lemon halves over the tails, turn over to coat, and transfer to individual serving plates. Drizzle the pan juices over the top. For lemon lovers, sprinkle with extra lemon zest, and serve sliced lemon on the side.

