

Grilled Lobster Tails with Smoked Caper Cream

Ingredients

4 Atlantic lobster tails
1 cup wagyu beef tallow
3½ oz (100 g) sage
3½ oz (100 g) lemon thyme
1 cup (240 ml) heavy cream (or thickened cream)
1 pinch sea salt and freshly ground black pepper
1 tbsp (15 ml) capers
¼ cup (180 ml) white wine vinegar in a spray bottle
2 oz (57 g) finger limes (optional)
1 lemon, cut into wedges
1 bunch parsley

Method

Using kitchen shears cut the lobster tail and remove the digestive tract that runs through the meat.

Set the EGG for direct cooking without the convEGGtor at 500°F/260°C.

As the EGG heats, warm the beef tallow in a Sauce Pan to 175°F/80°C; add the sage and lemon thyme to infuse. When the EGG reaches cooking temperature, add a cast iron skillet to the grid until hot. Pour in the cream and a pinch of salt and pepper. When the cream on the side of the pan turns a light brown color, slowly use the spoon to stir the cream. When the cream is thick and a brown color, remove the pan from the EGG, mix in the capers and set aside.

Place the lobster tails side up on the cooking grid. Brush the infused beef tallow over the meat. Spritz the meat with white wine vinegar, then close the dome and cook for 3 to 4 minutes.

Move the cooked lobster from the EGG; top with caper cream, finger limes, a squeeze of lemon and ice plant or parsley. Add salt and pepper to taste.

Serves 4

