

**#102: Fit For a Queen**

**New Orleans-Style Barbecue Lobster**

**Allison Vines-Rushing, NOCHI**

- 2 (1 ½ pound) live lobsters
- 1 tablespoon light olive oil
- 2 teaspoons Creole spice
- 2 teaspoons chopped garlic
- 2 sprigs rosemary
- ¼ cup reserved lobster poaching liquid
- 2 teaspoons Worcestershire sauce
- Juice of 2 lemons
- 1½ cups unsalted butter, cut into ½-inch dice

Fill a large saucepan with 4 quarts of water and bring to a boil over high heat.

With your hands, break away the claws and tails from the live lobster's head. Discard the head or save in the freezer for sauce or stock on another day. Cook the claws in the boiling water for 6 minutes, then transfer to a bowl and let cool. Reserve the ¼ of the cooking liquid and discard the rest.

To cut up the lobsters and remove the meat, once the lobster claws are cool enough to handle, separate the claws from the knuckles. Place the claws on a cutting board and using the back heel of a chef's knife, whack the claw once firmly, slightly cracking the shell. Wiggle the small pincher until it dislodges from the claw and remove it with the inside cartilage attached and discard. Break away the cracked shell pieces and pull out the cooked claw meat. Repeat with the remaining claws. Clean the lobster knuckles by inserting kitchen shears between the meat and the shell, carefully cutting away the shells and using your fingers to open the shell and remove the meat. Reserve all the lobster meat on the side and discard the shells.

On a cutting board, uncurl the tails one at a time with the hard shell side facing up. With a heavy-duty chef's knife, halve the tails lengthwise by placing the tip of

your knife at the top and cutting through the middle. Remove the vein that runs through the tail meat and discard.

To cook the meat, heat a large sauté pan over high heat until smoking, then add the oil. Season the lobster tail meat with ¼ teaspoon of the Creole spice. Carefully place the lobster tails, cut side down, in the hot pan and decrease the heat to low. Cook the lobster tails for 2 minutes, then turn them and cook for 1 minute more. Add the chopped garlic and rosemary, cooking for 1 minute to soften the garlic. Remove the tails and add the reserved lobster cooking liquid, remaining 1¾ teaspoons Creole spice, Worcestershire, and lemon juice. Add the butter, a little at a time, whisking until a sauce is formed.

Return all of the lobster to the sauce, warming it for about 1 minute.

Divide the meat between two plates, spoon over the sauce, and serve.  
Serves 2.

(Excerpted from *Southern Comfort* by Allison Vines-Rushing and Slade Rushing (Ten Speed Press). Copyright © 2012.