

Lobster

Difficulty:

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

Ingredients:

- * 1 live lobster (1-1.5 pounds)
- * 2 tablespoons olive oil
- * 1/2 cup chopped shallots
- * 1/2 cup dry white wine
- * 1/2 cup heavy cream
- * 1/2 cup chopped fresh parsley
- * 1/2 teaspoon salt
- * 1/4 teaspoon black pepper

Steps:

1. Preheat the oven to 400 degrees F.
2. Place the lobster in the freezer for 20 minutes to numb it.
3. Bring a large pot of water to a boil.
4. Add the lobster to the pot and boil for 8 minutes.
5. Remove the lobster from the water and place in an ice bath to cool.
6. Once the lobster is cool, remove the claws and tail from the body.
7. Crack the claws and tail to remove the meat.
8. Heat the olive oil in a large oven-safe skillet over medium heat.
9. Add the shallots and cook for 2 minutes.
10. Add the white wine and bring to a boil.
11. Add the cream, parsley, salt, and pepper.
12. Place the lobster claws and tail in the skillet.
13. Place the skillet in the oven and bake for 10 minutes.
14. Serve the lobster with the sauce.