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Grilled Lobster

From [Country Living](#)

These lobsters are a

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Keith Scott Morton

Serves: 6 [Edit](#)

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Nutritional Information (per serving)

Calories	291
Total Fat	17.0g
Saturated Fat	--
Cholesterol	203.0mg
Sodium	728mg
Total Carbohydrate	2.0g
Dietary Fiber	0.00g
Sugars	--
Protein	32.0g
Calcium	--

Ingredients

[U.S.](#)[Metric](#)[Conversion chart](#)

- 3 (1 1/2-pound) fresh lobsters
- 1/2 cup(s) (1 stick) butter
- 1/4 cup(s) fresh lime [juice](#)
- 1/2 teaspoon(s) crushed bay leaf
- 1/4 teaspoon(s) ground black pepper
- 1/4 teaspoon(s) salt
- Lime wedges (optional)
- Bay leaves (optional)

Directions

1. Bring 3 inches of water in an 8-quart saucepan to boiling over high heat. Add lobsters to the pan, cover, and cook 10 minutes. Remove lobsters from saucepan and let cool.
2. Heat [grill](#) to medium heat. In a 1-quart saucepan, heat butter, lime juice, bay leaf, black pepper, and salt over low heat for 10 minutes.
3. When lobsters are cool to the touch, cut in half lengthwise and brush cut side with lime-bay butter. Place lobsters, cut-side down, on the grill about 4 inches from heat source. Cook 5 minutes. Carefully turn lobsters over, brush with butter, and continue grilling until lobster [meat](#) is cooked through -- about 5 minutes longer.
4. Transfer lobsters to a serving plate and garnish with lime wedges and bay leaves, if

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desired. Serve one-half lobster per person.

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