

STRICTLY *Sundays*

BUTTER POACHED LOBSTER

If you have ever boiled a live lobster only to end up with a tough and chewy fish, it is because it was boiled and not steeped. Follow these directions for a perfect lobster tail every time.

You will need two large pots. Put the lobsters in one and fill with enough cold water to cover them. Remove the lobsters and put them in the empty second pot. Bring the water to a boil, adding $\frac{1}{2}$ cup white distilled vinegar for every 8 quarts of water. Pour the boiling water over the lobsters and let them steep for 2 minutes for $1\frac{1}{2}$ pounds lobsters or 3 minutes for 2 pounds lobsters.

Use gloves to remove the hot lobster, hold the tail, and twist it off the body and set aside. Pull the claws off and return to the water for 5 minutes.

Hold each tail flat and gently pull the meat out the large opening of the shell. Lay the meat on its back, cut down the middle, and remove the vein running through the top of the meat.

Remove the claws from the water. Pull down on the pincer and push it aside to crack it. Use a hammer to crack the shell to remove the meat.

In a saucepan, prepare the butter. This preparation is commonly called *beurre monté*.

Emulsify from 4 tablespoons to 1 pound of unsalted butter with only one tablespoon of water: Bring the water to a boil in an appropriate sized saucepan, lower the heat to low and add the butter in chunks, whisking constantly until you have the amount of *beurre monté* to poach the lobsters.

Beurre monté should be maintained at 180° to 190° to assure it does not separate. Place the tails and claws in the *beurre monté* and gently poach for 5 to 6 minutes.

Remove from the butter sauce and serve immediately.

You can also cut the tails and claws into chunks and add to my Macaroni and Cheese recipe for an over-the-top dish.

