

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING PRE-STEAMED FLORIDA LOBSTER TAILS WITH THREE BUTTER SAUCES

SALAD COURSE:

CITRUS FENNEL & ARUGULA SALAD

INGREDIENTS (SERVES 4)

4 cups baby arugula
1 small fennel bulb, thinly sliced (fronds reserved)
1 orange, supremed (segments)
1/4 small red onion, very thinly sliced
2 tbsp extra-virgin olive oil
1 tbsp fresh lemon juice
1 tsp white wine vinegar
Salt and freshly ground black pepper to taste

PREPARATION

Whisk olive oil, lemon juice, white wine vinegar, salt and pepper.
Toss arugula, fennel, orange segments and red onion with the dressing just before serving.
Finish with a few fennel fronds on top.

PRESENTATION

Serve on chilled plates so the citrus pops; fan orange segments over the salad and sprinkle with fennel fronds.

ENTRÉE — PRE-STEAMED FLORIDA LOBSTER TAILS WITH THREE BUTTER SAUCES

NOTES: USE PRE-STEAMED FLORIDA LOBSTER TAILS; THESE ARE ALREADY COOKED AND CHILLED. THE GOAL IS TO REHEAT GENTLY AND SERVE WITH THREE DISTINCT WARM BUTTER SAUCES.

INGREDIENTS (SERVES 4)

4 pre-steamed Florida lobster tails (about 4–6 oz each)
2 tbsp unsalted butter (for reheating)
Pinch salt and black pepper
Lemon wedges, for serving
Butter Sauces (quantities make ~1/3 cup each)

CLASSIC GARLIC HERB BUTTER

4 tbsp unsalted butter
1 small garlic clove, minced
1 tbsp chopped fresh parsley
1 tsp lemon juice
Pinch salt

LEMON COGNAC BUTTER (OR LEMON BRANDY-FLAVORED BUTTER)

4 tbsp unsalted butter
1 tsp finely grated lemon zest + 1 tsp lemon juice
1 tbsp cognac or brandy (optional; omit if preferred)
Pinch of salt

SPICY PAPRIKA AND SMOKED BUTTER

4 tbsp unsalted butter
1/2 tsp smoked paprika
1/8–1/4 tsp cayenne (adjust to heat preference)
1/2 tsp finely chopped chives or green onion
Pinch salt

PREPARATION

Prepare the sauces: In three small saucepans or warmed bowls set over low heat, melt the butter for each sauce and stir in the remaining ingredients for each (garlic/herb; lemon/cognac; paprika/spicy). Keep warm on the lowest heat or in a warm water bath—do not boil.

Reheat lobster tails: Pat lobster tails dry. Warm 2 tbsp butter in a large skillet over low heat, add lobster tails and gently reheat 1–2 minutes per side until warmed through (meat should be just heated, not rubbery). Alternatively, place lobster tails in a 300°F (150°C) oven for 5–7 minutes until warm. Season lightly with salt and pepper.

Serve: Split shells down the center (if not already split) and lift meat for presentation. Arrange lobster tails on warm plates.

PRESENTATION

Place each lobster tail on a warmed plate with a lemon wedge. Spoon small serving amounts (1–2 tbsp) of each warm butter sauce in three separate ramelets or artistically drizzle lines of different sauces on the plate for guests to choose from. Garnish with a few chopped parsley or chive sprigs and a light grind of black pepper.

SIDE DISH 1 — PARMESAN HERB ORZO

INGREDIENTS (SERVES 4)

1 cup orzo pasta
2 tbsp unsalted butter
1/4 cup grated Parmesan
1 tbsp chopped parsley
1 tsp lemon zest
Salt and pepper to taste

PREPARATION

Cook orzo in salted boiling water until al dente. Drain and return to pot. Stir in butter, Parmesan, lemon zest, parsley, salt and pepper. Keep warm.

PRESENTATION

Serve a neat mound of orzo beside the lobster, topped with a small parsley sprig and a light dusting of Parmesan.

SIDE DISH 2 — SAUTÉED GREEN BEANS WITH TOASTED ALMONDS AND LEMON

INGREDIENTS (SERVES 4)

1 lb fresh green beans, trimmed
1 tbsp olive oil
2 tbsp butter
2 garlic cloves, thinly sliced
1/4 cup sliced almonds, toasted
1 tsp lemon juice
Salt and pepper

PREPARATION

Blanch green beans 2–3 minutes in boiling salted water; shock in ice water and drain.

Heat olive oil and butter in a skillet over medium heat, sauté garlic briefly, add green beans and toss until heated through and lightly blistered. Stir in lemon juice and toasted almonds. Season.

PRESENTATION

Arrange beans in a bundle beside the lobster; sprinkle almonds over the top and finish with a lemon wedge.

DESSERT — LEMON MASCARPONE PARFAIT WITH SHORTBREAD CRUMBLE

INGREDIENTS (SERVES 4)

1 cup mascarpone
1/2 cup whipped cream (lightly sweetened) or 1/2 cup heavy cream whipped
2 tbsp powdered sugar
1 tbsp lemon zest + 1 tbsp lemon juice
1 cup shortbread cookie crumbs or crushed amaretti
Fresh berries (raspberries or blueberries), for garnish

PREPARATION

Whisk mascarpone with powdered sugar, lemon zest and lemon juice until smooth. Fold in whipped cream to lighten.
Layer in small glasses: shortbread crumble, mascarpone lemon cream, repeat.
Top with berries.

PRESENTATION

Serve in clear glasses to show layers; garnish with a small mint leaf and extra lemon zest.

WINE PAIRING

RECOMMENDED WINE: ETHERO ALBARIÑO WHITE WINE

Albariño is bright, zesty and typically carries fresh citrus and stone-fruit notes with crisp acidity—an ideal match for delicate shellfish like Florida lobster tails. The wine's acidity cuts through the richness of butter sauces and mascarpone dessert, refreshing the palate between bites.

Its saline, slightly mineral character complements the natural sweetness of lobster without overwhelming its flavor.