

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING Florida Lobster Tails with 3 Dipping Sauces

SALAD

Citrus Arugula Salad with Fennel & Avocado

Ingredients (serves 4)

- 4 cups arugula
- 1 small fennel bulb, very thinly sliced
- 1 avocado, diced
- 1 cup cherry tomatoes, halved
- 1/4 cup extra-virgin olive oil
- 2 tbsp fresh lemon juice
- 1 tbsp orange juice
- 1 tsp honey
- 1/2 tsp Dijon mustard
- Salt & black pepper
- Optional: shaved Parmesan

Preparation

1. Whisk olive oil, lemon juice, orange juice, honey, Dijon, salt, and pepper.
2. Toss arugula, fennel, tomatoes, and avocado with the dressing.

Presentation

- Plate on a chilled platter. Finish with optional Parmesan and a light extra squeeze of lemon.

Entree: *Butter-Poached Lobster Tails (with Garlic-Lemon Finish)*

Ingredients (serves 2–4)

- 4 Florida lobster tails (about 4–6 oz each, adjust as needed)
- 4 tbsp unsalted butter, melted
- 2 cloves garlic, finely minced
- 1 tbsp fresh lemon juice
- 1 tbsp lemon zest
- 2 tsp olive oil

- Salt & black pepper
- Optional: pinch of red pepper flakes
- Optional garnish: chopped parsley + lemon wedges

Preparation

1. **Prep tails:** Using kitchen shears, cut along the top shell lengthwise (through the shell, not into the meat). Gently spread the shell open.
2. **Poach:** In a wide skillet, warm butter with olive oil over low heat (do not boil). Add lobster tails, shell-side down, and spoon some butter over the exposed meat.
3. **Cook until tender:** Simmer gently until meat is opaque and just cooked through (typically ~6–10 minutes depending on size).
4. **Finish flavor:** Stir garlic into the pan for the last 1–2 minutes, then add lemon juice and zest. Spoon over lobster.
5. **Season:** Taste and adjust with salt/pepper.

Presentation

- Serve lobster tails on warm plates with extra garlic-lemon butter spooned over the meat.
- Plate with lemon wedges and a small ramekin of each dipping sauce (below).

The 3 Dipping Sauces

1) *Classic Drawn-Butter Garlic Lemon*

Ingredients

- 1/2 cup unsalted butter, melted (or clarified butter)
- 1–2 tsp lemon juice
- 1 small clove garlic, finely grated/minced
- Pinch salt + black pepper
- Optional: pinch of paprika

Preparation

- Mix melted butter with lemon, garlic, salt, pepper.

Presentation

- Pour into a small ramekin for easy dipping.

2) *Creamy Horseradish Sauce*

Ingredients

- 1/2 cup mayonnaise
- 1/4 cup sour cream (or Greek yogurt)
- 1–2 tbsp prepared horseradish (to taste)
- 1 tsp lemon juice

- Pinch salt
- Optional: 1 tsp chopped chives or parsley

Preparation

1. Stir everything together until smooth.
2. Taste and adjust horseradish and lemon.

Presentation

- Swirl into a ramekin; top with a tiny pinch of chives.

3) Zesty Mango-Habanero (or Mango-Ginger) Relish

Ingredients

- 1 cup diced fresh mango (or thawed mango, drained)
- 1–2 tbsp lime juice
- 1 tsp honey (optional, balances heat)
- 1–2 tbsp finely diced red onion
- 1 small jalapeño or habanero (optional), minced
- Pinch salt
- Optional: 1 tbsp chopped cilantro

Preparation

- Mix and let sit 5–10 minutes to meld flavors.

Presentation

- Serve as a bright, chunky topping/dip in a small bowl.

Side Dish 1: *Roasted Garlic Parmesan Baby Potatoes*

Ingredients (serves 4)

- 1 lb baby potatoes, halved
- 3 tbsp olive oil
- 2 tsp garlic powder (or 2 minced cloves)
- 1 tsp dried oregano
- Salt & black pepper
- 1/3 cup grated Parmesan
- Optional: chopped parsley

Preparation

1. Toss potatoes with olive oil, garlic, oregano, salt, pepper.
2. Roast at **425°F (220°C)** for ~25–35 minutes until golden, tossing once.
3. Toss hot potatoes with Parmesan (and parsley if using).

Presentation

- Heap on a warm platter and finish with a final grind of pepper.

Side Dish 2: *Charred Asparagus with Lemon Olive Oil*

Ingredients (serves 4)

- 1 lb asparagus, trimmed
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp lemon zest
- Salt & black pepper
- Optional: shaved Parmesan or toasted pine nuts

Preparation

1. Toss asparagus with olive oil, salt, pepper.
2. Roast at **450°F (232°C)** for ~8–12 minutes or grill until charred and crisp-tender.
3. Toss with lemon juice and zest right after cooking.

Presentation

- Arrange in a diagonal row; optionally finish with Parmesan or pine nuts.

Dessert: *Key Lime Cheesecake Cups (No-Bake Style)*

Ingredients (serves 4–6 cups)

- 1 1/2 cups graham cracker crumbs
- 4 tbsp melted butter
- 8 oz cream cheese, softened
- 1/3 cup sweetened condensed milk
- 1/3 cup key lime juice (bottled or fresh)
- Zest of 1 lime
- 1 cup whipped topping or whipped cream

Preparation

1. Mix graham crumbs with melted butter; press into cups/bottoms.
2. Beat cream cheese with condensed milk until smooth.
3. Mix in key lime juice and zest.
4. Fold in whipped topping.
5. Spoon into cups; chill at least **2–3 hours**.

Presentation

- Top each cup with extra lime zest (and a small lime slice if you like).

Wine Pairing (from your list): RESERVA FIN DEL MUNDO PATAGONIA SAUVIGNON BLANC

Why it's the best choice: Lobster is delicate and sweet, and Sauvignon Blanc's bright acidity and citrus/green-herb notes cut through the richness of butter while enhancing the seafood's natural flavor—making each bite taste fresh and clean.