



Lobster Newburg

Prep: 15 minutes

Cook: 15 minutes • Serves: 2

- 2 frozen lobster tails (4 ounces each), thawed
- 2 tablespoons unsalted butter
- 1 package (8 ounces) white mushrooms, sliced (about 4 cups)
- 1 large shallot, finely chopped (¼ cup)
- ⅓ cup dry sherry
- ¾ cup whipping cream
- ⅔ cup frozen green peas
- ½ teaspoon salt
- 1 pinch cayenne pepper

1. In covered, deep wide-bottomed 2- to 3-quart saucepan or skillet, heat 1½ inches water to boiling over high heat. Add lobster tails; cover and heat to boiling. Reduce heat to medium and cook 4 to 5 minutes or until lobster meat turns opaque throughout. Transfer lobster to cutting board to cool slightly.

2. Meanwhile, in large nonstick skillet, melt butter over medium-high heat. Add mushrooms and shallot and cook 10 minutes or until mushrooms brown, stirring occasionally. Remove skillet from heat. Transfer mushroom mixture to bowl. Add sherry to same skillet; heat to boiling over medium-high heat; boil 1 minute. Add cream, peas, salt and cayenne; heat to boiling; boil 3 to 5 minutes or until sauce thickens slightly. Stir in mushroom mixture; heat through. Remove skillet from heat.

3. With kitchen shears, cut down 2 times along side of each tail's underside membrane nearest to the hard shell. Gently ease meat out in 1 piece; discard membranes and reserve shells. Cut lobster meat crosswise into ¼-inch-thick slices. Add meat to skillet with sauce and cook over medium heat 1 minute or until heated through. Fill shells with lobster mixture to serve.

Approximate nutritional values per serving:

599 Calories, 46g Fat (28g Saturated), 234mg Cholesterol, 883mg Sodium, 17g Carbohydrates, 4g Fiber, 23g Protein