

Buffalo Langostino Lobster Bruschetta

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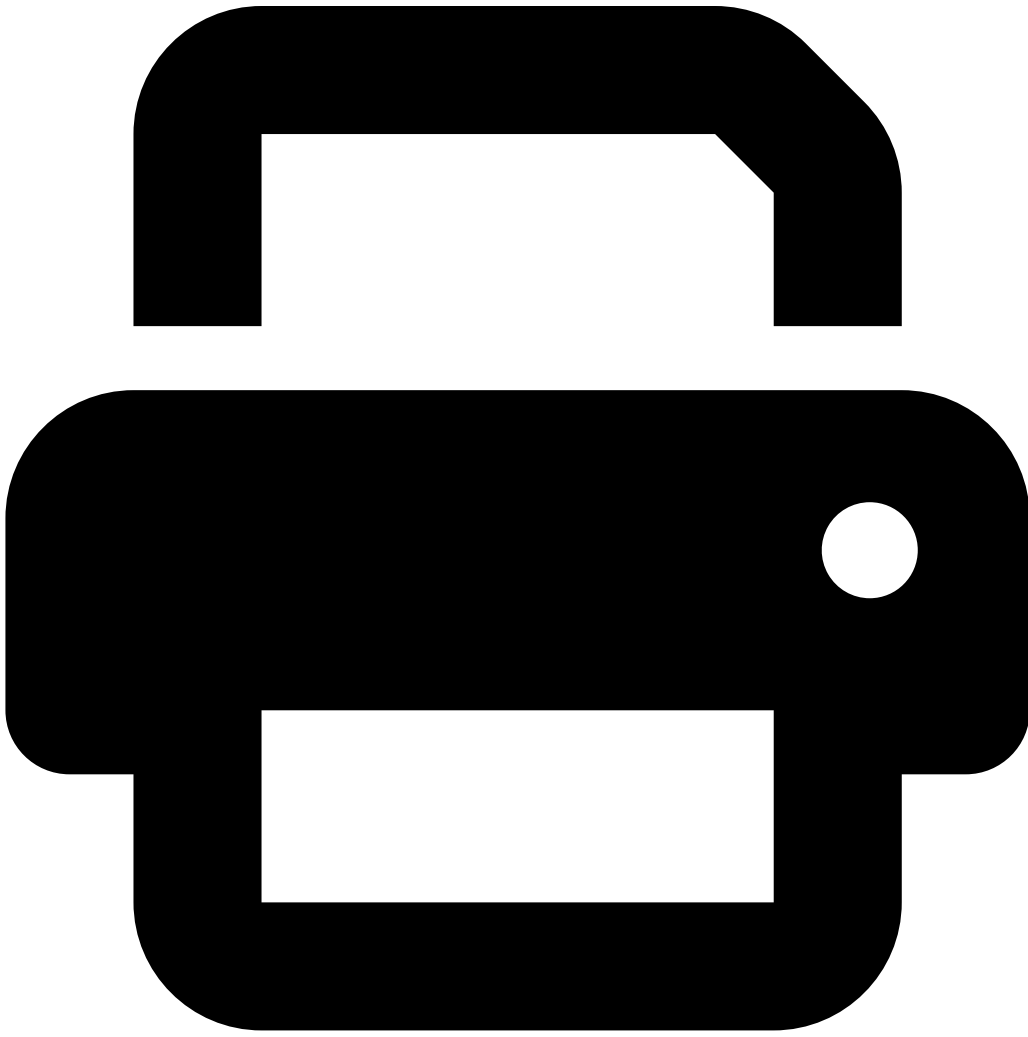
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Don't let the sound of this Buffalo Langostino Lobster Bruschetta intimidate you. It's an easy recipe and affordable too when you use langostino lobster.

Consumers are attracted to using langostino lobster for two main reasons size and cost. The size of the langostino tail is ideal for cooks looking for bite size portions of meat. Moreover the price of langostino lobster is well under half the price of lobster.

As far as am concerned, they taste and eat pretty much the same and are prefect in this bruschetta recipe.

Langostino lobster is an affordable alternative to higher priced shellfish, and can be used in any recipe that calls for lobster, shrimp or crab.

How To Make This Buffalo Langostino Lobster Bruschetta

Start making this Buffalo Langostino Lobster Bruschetta by first toasting some really good crusty Italian bread spread with some really good pesto store bought or homemade. Next simmer the butter and Franks Hot sauce on low heat, stirring constantly.

Third you can prepare the topping ahead of time and assemble the bruschetta just before serving. This is a delicious recipe made more affordable by using less expensive Langostino Lobster.

I hope you try it and please don't forget to leave me a command. I love hearing from you it's my favorite part!!!

Buffalo Langostino Lobster Bruschetta



Crispy pesto-toasted bread is topped with spicy Buffalo langostino lobster and a fresh celery slaw with Gorgonzola, carrots, radishes, and lemon.

- 8 slices crusty Italian bread
- 1 cup prepared pesto sauce
- $\frac{1}{2}$ lb langostino lobster meat
- 1 cup Frank's Hot sauce

- $\frac{1}{2}$ stick butter
- 1 cup crumbled gorgonzola cheese
- 1 grated carrot
- 1 stalk thinly sliced celery
- 1 bunch thinly sliced radishes
- $\frac{1}{2}$ small dice red onion
- 1 tbsp chopped garlic
- Juice from one lemon
- 1 tbsp chopped Italian parsley
- Salt and pepper to taste

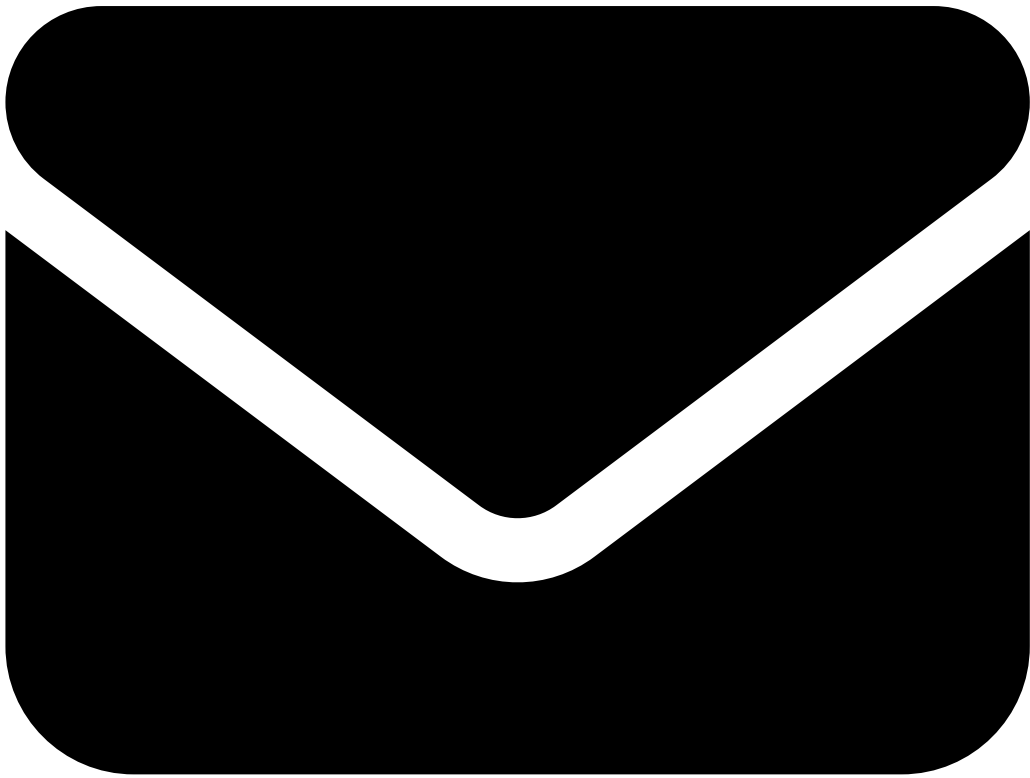
1. Spread the bread with the pesto sauce toast until golden brown
2. Meanwhile in a medium saute pan heat the butter to medium high
3. Add the Garlic saute until tender and just beginning to brown
4. Add the hot sauce simmer until the sauce thickens slightly about 5 minutes
5. Add the lobster simmer 5 minutes more
6. Make the celery slaw by mixing the celery, carrot, radishes, Italian parsley, gorgonzola and lemon juice
7. Mix the buffalo lobster with the celery slaw
8. Top the toasted pesto bread with the lobster mixture

Cheesy Fajita Penne

Cheesy Fajita Penne

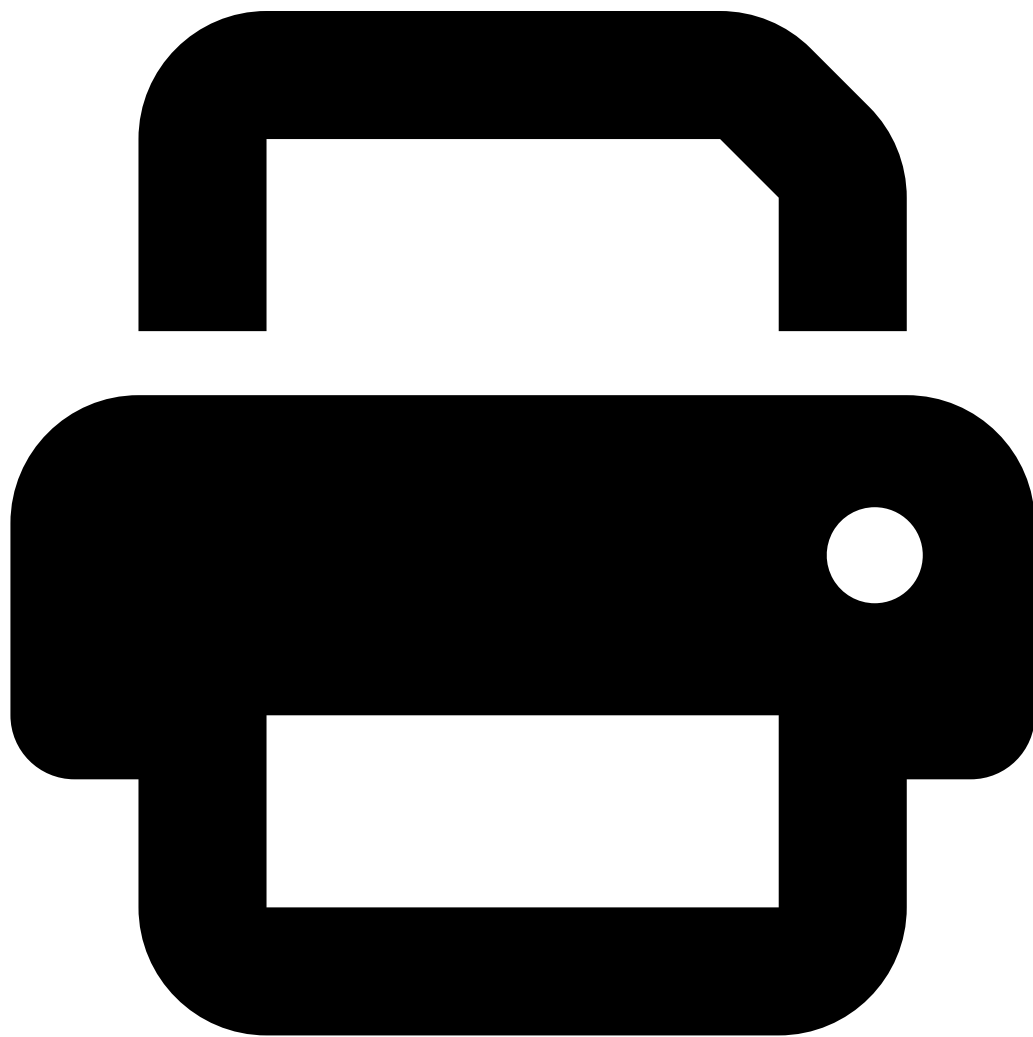
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Although am not vegetarian it seems like a lot of my pasta recipes are. This Cheesy Fajita Penne vegetarian recipe came about because I had the ingredients on hand and wanted to use them.

If you been following along you know I don't like waste, and often these throw together meals become family favorites, this one did.

Tender peppers, spinach and penne pasta in a creamy, cheesy, light tomato sauce makes this easy recipe one your family will love. If your looking for easy, quick and delicious the trifecta for dinner success make this.

How To Make This Cheesy Fajita Penne

Start making this Cheesy Fajita Penne recipe by cooking the

pasta in a medium size stock pot , be sure to save 2 cups of the water before draining. Next while the pasta is cooking start making the sauce in a large enough saute pan to allow the peppers to fry and holds all the ingredients, has a lid and can be used in multiple saute recipes.

This is a delicious, easy recipe that can be on your table in 30 minutes. It's prefect when your craving a meatless meal with lots of cheesy goodness.

If you make this Cheesy Fajita Penne please leave me a comment and please don't forget to tag me on Instagram. I love hearing from you!!!

Cheesy Fajita Penne



Penne is tossed with colorful peppers, spinach, tomatoes, and herbs in a creamy, cheesy sauce for a hearty vegetarian pasta with fajita-inspired flavor.

- 1 lb Penne Pasta
- 1 red and 1 green bell pepper cut into medium dice
- 2 cups chopped spinach
- 1 yellow onion
- 3 tbsp chopped garlic
- 2 tbsp each butter and olive oil
- 14.5 oz tomato sauce
- 2 cups reserved pasta water
- 1 cup heavy cream

- 1 cup shredded sharp American cheese
- 1 cup grated parmesan
- 3 tbsp each chopped Italian parsley and basil
- Salt and pepper to taste

1. Cook pasta according to package directions reserving 2 cups of the water before draining
2. Meanwhile in a large saute pan bring the oil and butter to medium heat
3. Add the onion and garlic saute until tender and just beginning to brown
4. Turn the heat to medium high add the peppers and saute until crisp
5. Add the tomato sauce, cream and reserved pasta water
6. Lower the heat and simmer covered 15 minutes
7. Add the spinach, herbs, cheddar and parmesan cheese simmer 5 minutes longer
8. Toss the Penne in the sauce adjust seasonings

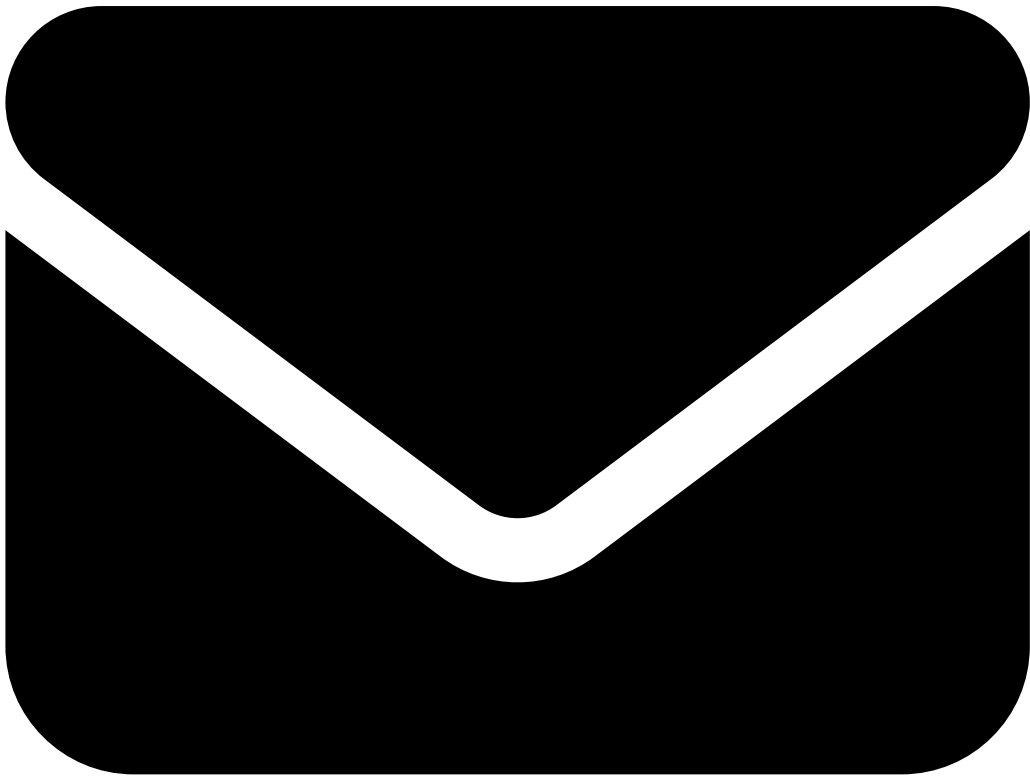
Chicken Breast Cacciatore Pappardelle

Chicken Breast Cacciatore Pappardelle

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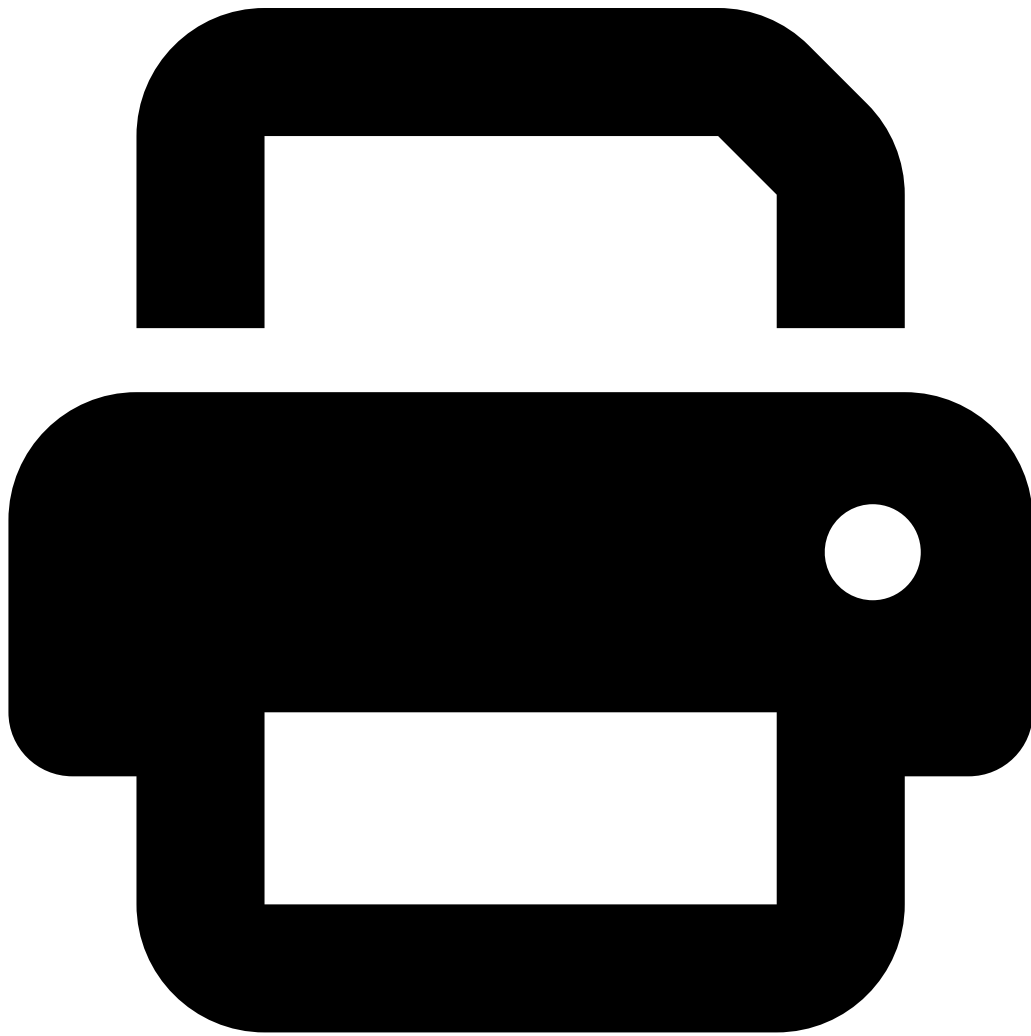
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This Chicken Breast Cacciatore Pappardelle recipe is my lightened up version using skinless, boneless chicken breast. Easy to make and a family favorite, cacciatore means hunter in Italian.

This is a hunter style meal lighten up using chicken breast, The classic recipe uses whole cut chicken or rabbit cut in pieces, it's one of those recipes easily converted to fit your lifestyle and taste.

It's an easy throw- together meal, with the most delicious sauce full of flavors that wake up your taste buds.

Garlic, onions, carrots, mushrooms, peppers and olives in a rustic sauce with melt in your mouth chicken will have family and friends coming back for seconds

What To Serve With Chicken Breast Cacciatore Pappardella

I serve this Chicken Breast Cacciatore Pappardella over a wide pasta noodle. You can serve it over creamy polenta, garlicky mashed potatoes or pasta, or this cacciatore recipe is delicious on it's own with crusty Italian bread to sop up the sauce.

If there is any left over, it taste better the next day, or you can freeze it in freezer friendly containers up to three months, for a ready made meal.

This chicken cacciatore can be made a day ahead, cooled, covered, refrigerated, rewarmed over low heat.

Italian comfort food at it's best the smells that fills your home with comfort and warmth, and me with childhood memories of my Mama's chicken cacciatore meals on many Sundays!

Keep it simple, keep it fresh, keep it delicious, and customize to make it your own. Sharing restaurant style recipes, simplified for the home cook....Let me know if you try this recipe that's my favorite part.

Chicken Breast Cacciatore Pappardelle



Tender chicken, peppers, mushrooms, olives, and tomatoes

simmer together with Italian herbs, then are tossed with pappardelle and Parmesan for a hearty Cacciatore-style pasta.

- 4 boneless skinless chicken breast
- 1/2 lb Pappardelle
- 2 tbsp each butter and olive oil
- 1 copped yellow onion
- 3 tbsp chopped garlic
- 2 chopped carrots
- 8 oz chopped mushrooms
- 1 cup Mediterranean pitted olives
- 1 red and 1 green sliced peppers
- 28 oz can crushed tomatoes
- 14.5 oz can tomato sauce
- 1 cup chicken stock or white wine
- 1 cup reserved pasta water
- 2 tbsp each chopped Italian parsley (basil, oregano, and red pepper flakes)
- 6 sprigs of thyme
- Salt and Pepper to taste
- 1 cup grated parmesan cheese

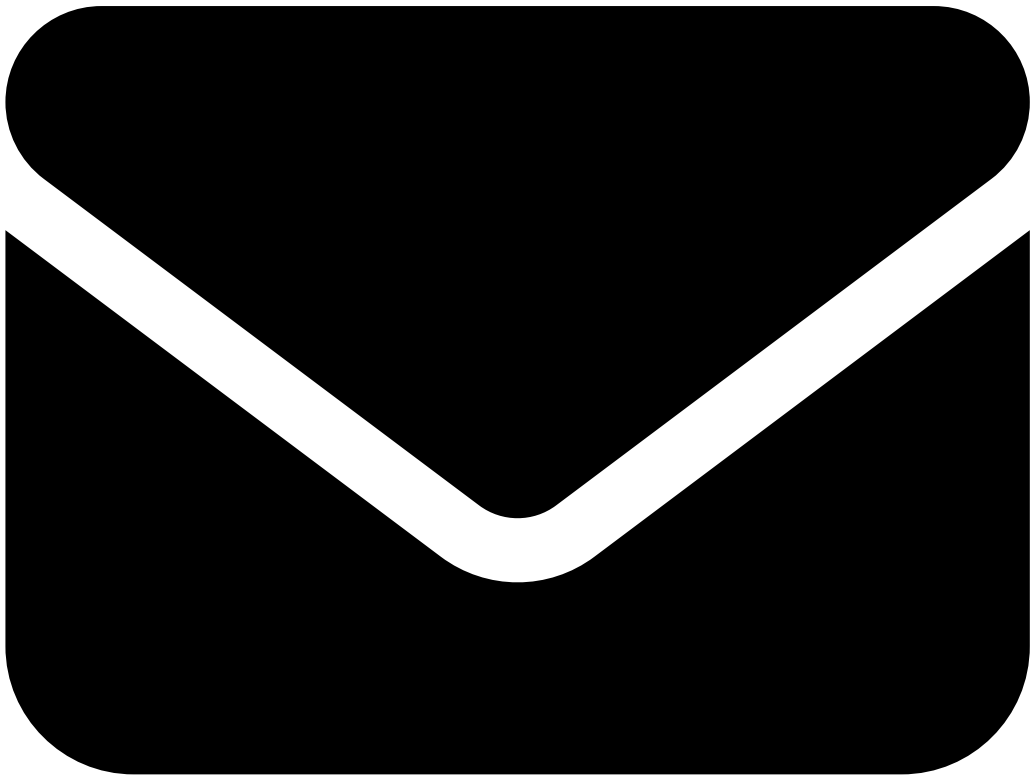
1. Cook Pasta according to package directions reserving 1 cup of the pasta water
2. Salt and pepper chicken
3. Heat oil and butter to medium high
4. Add Chicken saute until golden brown
5. Add onion and garlic saute until tender and just beginning to brown
6. Add the peppers saute until tender
7. Add the tomatoes, reserved pasta water and chicken stock or white wine
8. Simmer covered 45 minutes
9. Toss the pasta in the chicken cacciatore sauce
10. Garnish with additional Italian parsley, basil and grated parmesan

Two Bean Steak Chili

Two Bean Steak Chili

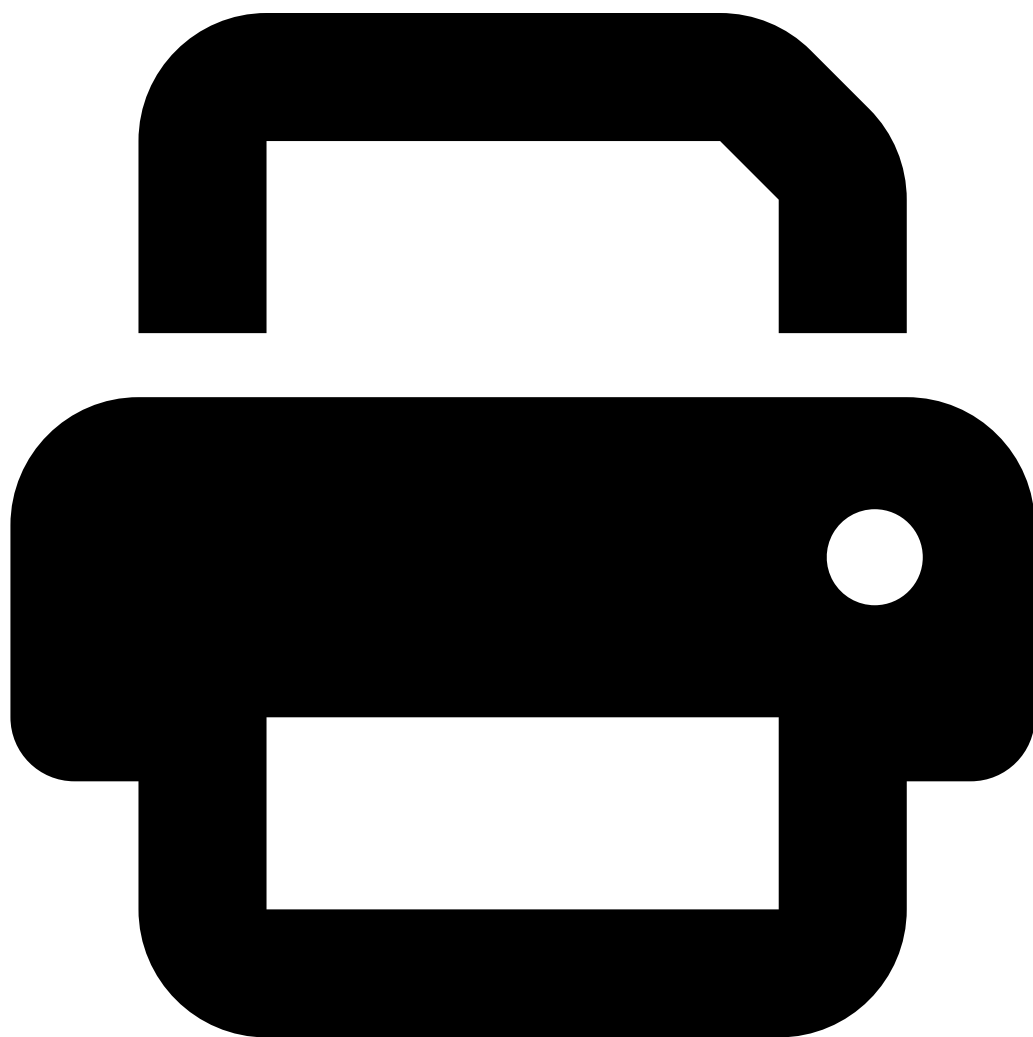
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It's chili season, and Am excited to share my best Two Bean Steak Chili Recipe with you. Tender melt in your mouth slow cooked steak, white and red kidney beans in a rich tomato sauce make this chili my favorite chili recipe.

I go easy on the beans in this chili recipe, but you can add more or less or omit them altogether.

My family doesn't like too spicy food so I go easy on the chili powder too, you can adjust the heat in this recipe use less or more depending on what you like.

I like to use chuck steak which has a lot of beefy flavor. But any cut of beef that's marked "stewing beef" works well in this recipe. You want a tough cut of meat that soften and become tender and tasty after a long cook time.

You'll want to keep this recipe on your meal rotation to make at least once a week, during the colder weather months.

Toppings For This Two Bean Steak Chili

Normally, it's all about the toppings in chili recipes. But this Two Bean Steak Chili recipe is so rich that you won't need a lot of go-to chili toppings.

The topping I liked the best on this steak chili are avocados and sharp cheddar cheese. I found that adding more toppings distract from the rich flavor of the chili, instead of adding to it. I am not saying to not test different toppings for yourself, am saying that's what I found.

Here's some to try red onions, nacho chips, cilantro or sliced jalapenos, just remember not to over powder the rich beefy flavor with to many toppings!!!

This Two Bean Steak Chili is the ultimate comfort food, A chili so good you won't have any leftovers, but if you do this recipe is so freezer friendly if stored in the right freezer containers.

Here's a tip you should purposely double this chili recipe, for delicious ready made meals on busy weeknights.

Two Bean Steak Chili



Tender chuck steak and two kinds of beans simmer with tomatoes, jalapeño, and smoky spices for a hearty, deeply

flavorful chili perfect for a cozy meal.

- 1 lb Chuck Steak
- 2 chopped yellow onions
- 3 tbsp chopped garlic
- 1 cup chopped celery
- 1 chopped and seeded pepper jalapeno pepper
- 14.5 oz can each diced tomatoes and tomato sauce
- 14.5 oz can each red and white kidney beans undrained
- 2 cups beef broth
- 3 tbsp chili powder
- 2 tbsp each cumin (oregano, smoky paprika and coriander)
- 2 bay leaves
- 3 tbsp olive oil
- Salt and pepper to taste

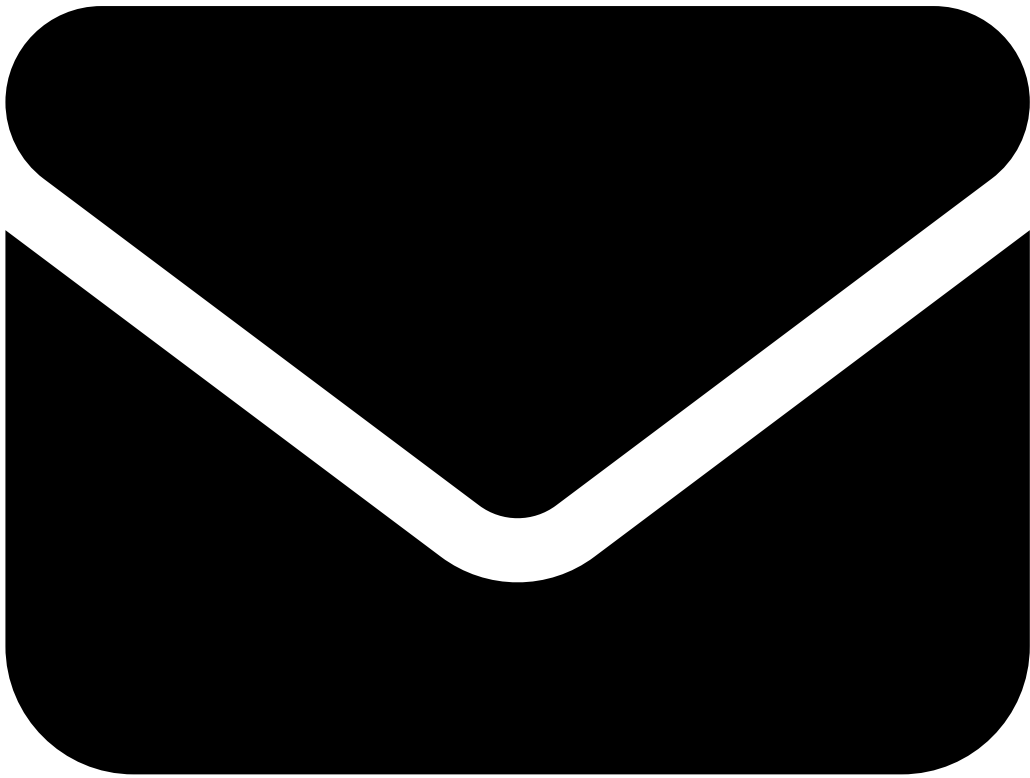
1. Cut the steak into equal size pieces and salt and pepper
 2. In a medium size stock pot bring the oil to medium high heat
 3. Add the steak and sear completely
 4. Add the onions, garlic and jalapeno pepper saute until tender and just beginning to brown
 5. Add all the spices now
 6. Add the tomatoes and beef broth lower the heat, simmer covered for 2 hours
 7. Add the beans adjust seasonings and simmer an additional 30 minutes
 8. Top with your favorite chili toppings
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Thick Cut Skillet Steaks

Thick Cut Skillet Steaks

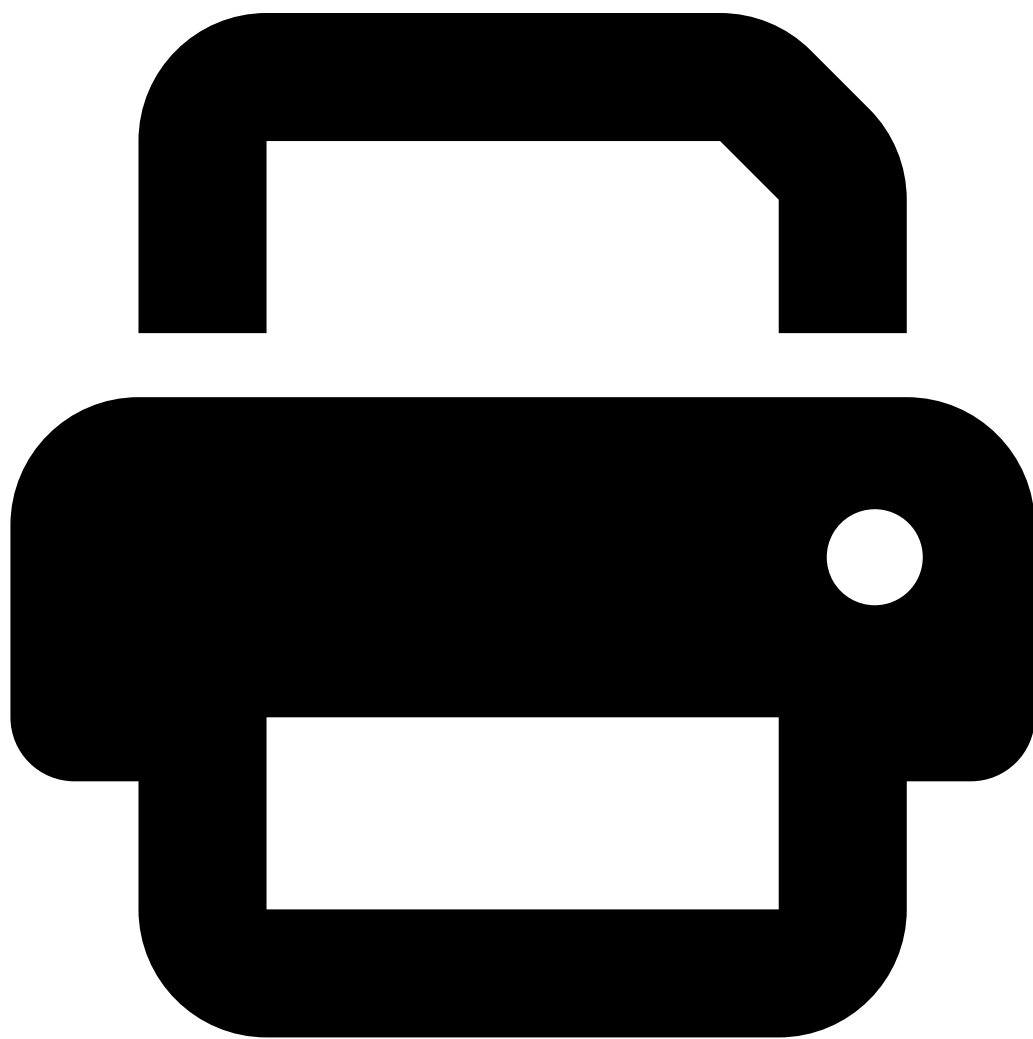
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Sometimes it's amazing of a few ingredients can produce such a delicious outcome like these Thick Cut Skillet Steaks.

Of course the ingredients have to be good, my older bother, an amazing chef told me when we where starting out in the restaurant

business " you put garbage in you'll get garbage out" I never forgot that statement. So here you have it, two 1 pound prime rib steaks that I cut from the rib lion, sprinkled with salt and pepper and topped with a simple pan sauce.

If your looking for a way to cook steak with the ultimate crust use a cast iron skillet, since it retains heat for perfectly seared steaks!!!!

Tips for these Thick Cut Skillet

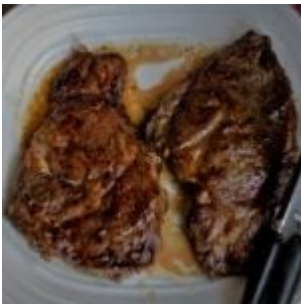
Steaks

The first step to a great sear is to be sure the skillet is hot enough, you need to hear the sizzle. Second, repeatedly flipping the steaks before searing toughens the meat, it's best to sear completely on one side before searing the other side.

One more thing, you can customize this Thick Cut Skillet Steaks recipe instead of using the more expensive prime rib cut of meat you can use a more moderately priced cut of steak, like boneless strip steak.

On a side note to measure the thickness of the steaks for even cooking use two fingers for thick and one for medium as a guide line. Also these two Prime Rib steaks were 1 lb. each 2 steaks should be enough for 3 to 4 people.

Thick-Cut Skillet Steaks



Thick-cut prime rib steaks are seared until beautifully browned, finished in the oven, and served with a rich garlic, herb, and buttery pan sauce.

- 1 lb prime rib steaks (2 of these)
- 2 tbsp each butter and olive oil
- Salt and pepper to taste
- $\frac{1}{2}$ cup beef broth or red wine
- 2 tbsp each chopped garlic and yellow onion

- 2 tbsp each chopped Italian parsley (thyme and oregano)

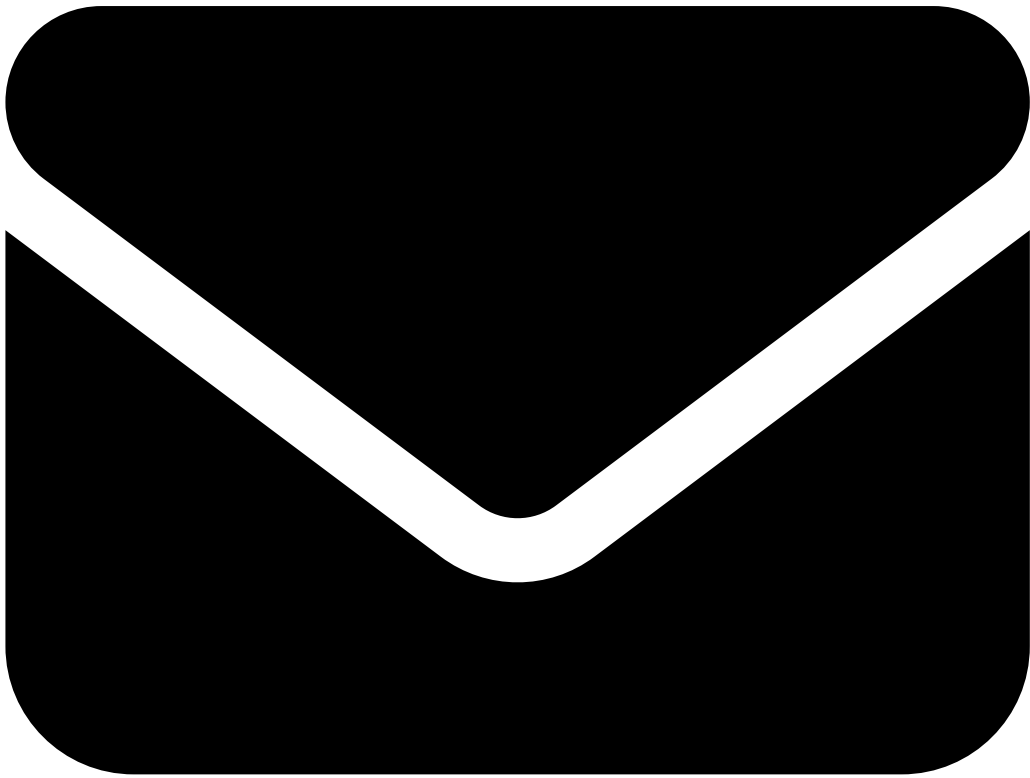
1. Turn oven to 425 degrees
2. Salt and pepper steaks let sit at room temperature for 15 minutes
3. Meanwhile in a large oven proof skillet bring the butter and olive oil to medium high
4. Add the garlic and yellow onion saute until tender and just beginning to brown
5. Push the onion and garlic to one side of pan
6. Turn the heat to high add the steaks sear the steaks 2 to 3 minutes per side only flipping the steaks once
7. Add The beef broth or red wine and herbs scraping up all the brown bits at the bottom of the pan
8. Transfer the pan to the preheated oven cook for 7 to 9 minutes for medium rare adjusting oven times to your preference.
9. Remove from oven and turn oven off
10. Transfer steaks to cutting board tent with aluminum foil
11. Meanwhile add 1/3 stick of butter to the skillet return to stovetop and simmer for five minutes
12. Pour Pan sauce over steaks

Vegetarian Eggplant Zucchini Fusilli

Vegetarian Eggplant Zucchini Fusilli

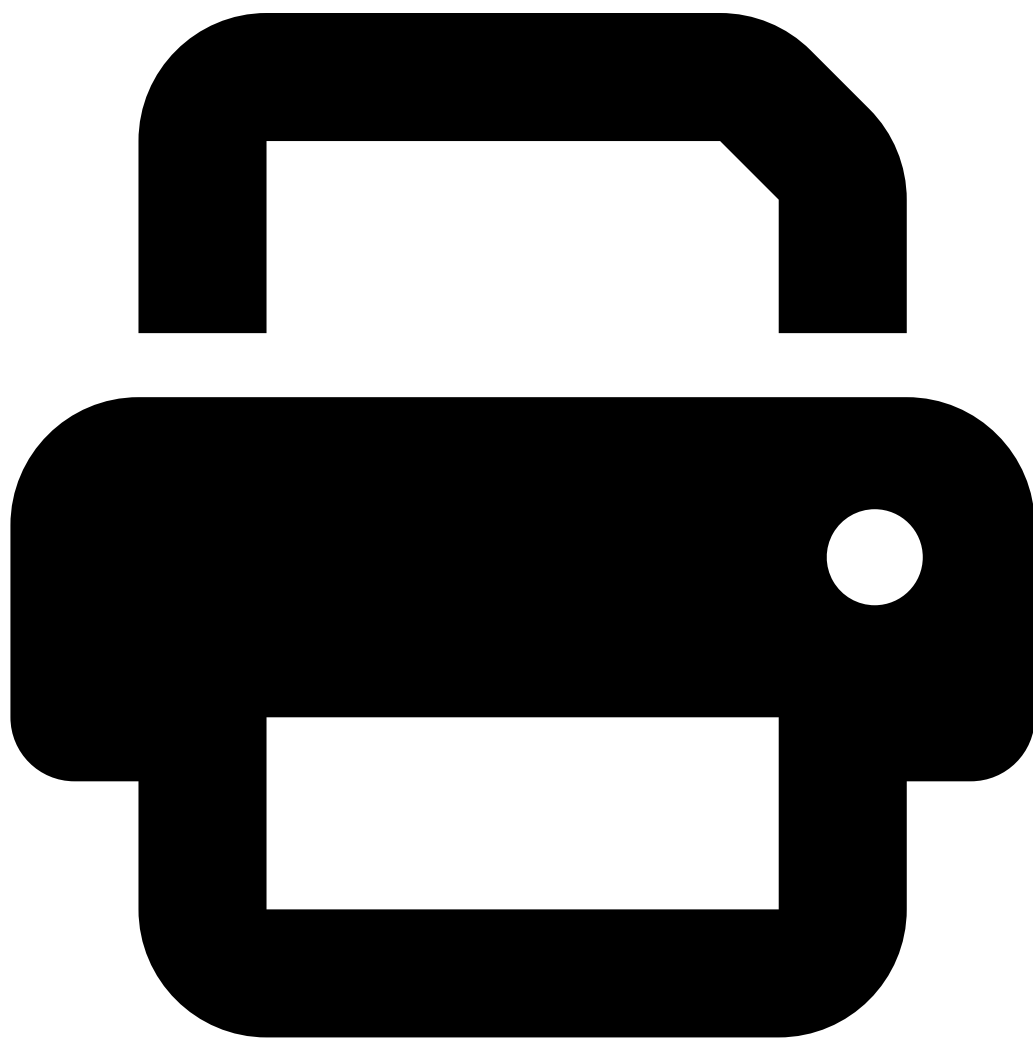
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Good morning, It's meatless Monday in my kitchen today with this Vegetarian Eggplant Zucchini Fusilli. Cork screw shaped pasta, good for you ingredients, in a light tomato pan sauce, will have you making this pasta recipe often.

I usually make this in the summer when my garden is bursting with more eggplants and zucchinis than I have recipes for, but the eggplant looked beautiful at the store and I was craving Italian but also wanted a lighter meal after heavy holiday eating.

Personalize This Vegetarian Eggplant Zucchini Fusilli Recipe

You can make this Vegetarian Eggplant Zucchini Fusilli recipe your very own, to fit your lifestyle and taste, by changing up a few things.

For instance, the pasta shape if you don't like fusilli use any shape you like. Having said that I have to say, I love short pasta in this recipe verses long, with short pasta you get a taste of all the delicious ingredients in one forkful.

Also the eggplant and zucchini ratio can be changed. If you like zucchini more than eggplant than use more zucchini or vice- verse.

One more thing you can try, if your craving gooey cheese goodness add 1 cup of shredded mozzarella along with the parmesan cheese for a richer pasta dish.

I almost forget, the canned tomatoes can be switched, you can use fresh tomatoes when in season or you can use prepared marinara sauce, the best store bought or my easy homemade marinara.

on a side note, always use the right size pans for ultimate success in your home kitchen. One good basic set of pots and pans is all you need.to cook restaurant style recipes at home.

If you make this recipe please leave me a comment and tag me on Instagram.

Vegetarian Eggplant Zucchini Fusilli



Fusilli is tossed with tender eggplant, zucchini, tomatoes, garlic, and fresh herbs in a savory Parmesan sauce for a

hearty vegetarian Italian pasta.

- ½ lb Fusilli
- 1 medium eggplant peeled and cut into medium dice
- 2 tbsp each butter and olive oil
- 1 each green and yellow zucchini cut in medium dice
- 1 chopped yellow onion
- 2 tbsp chopped garlic
- 14.5 oz can crushed tomatoes
- 2 cups reserved pasta water
- 1 cup grated parmesan cheese
- 1/2 bunch each chopped Italian parsley and basil
- Salt and pepper to taste

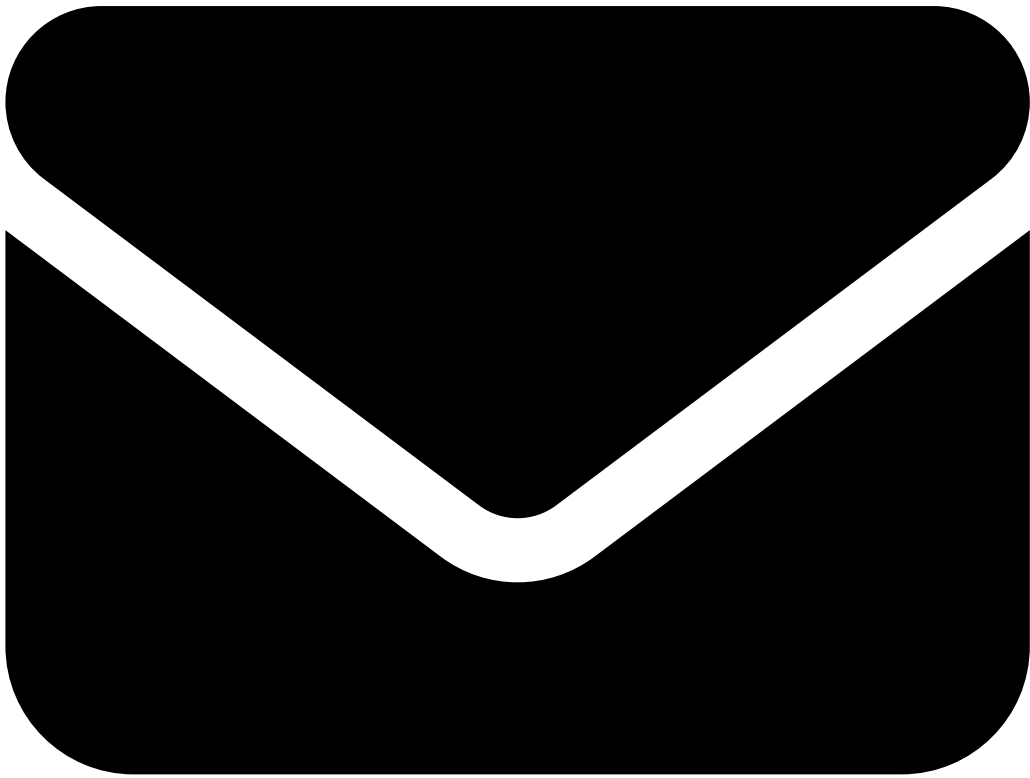
1. Cook pasta according to package directions reserving two cups of the pasta water before draining
2. Mean while in a large saute pan bring the butter and olive oil to medium heat, saute the onions and garlic until tender and just beginning to brown
3. Add the cut eggplant and zucchini salt and pepper now, saute until brown
4. Add the water and tomatoes simmer covered for 25 minutes
5. Add the cheese, herbs and cooked pasta heat through
6. Sprinkle with additional cheese and herbs

Chicken Sausage Farfalle
Pasta

Chicken Sausage Farfalle Pasta

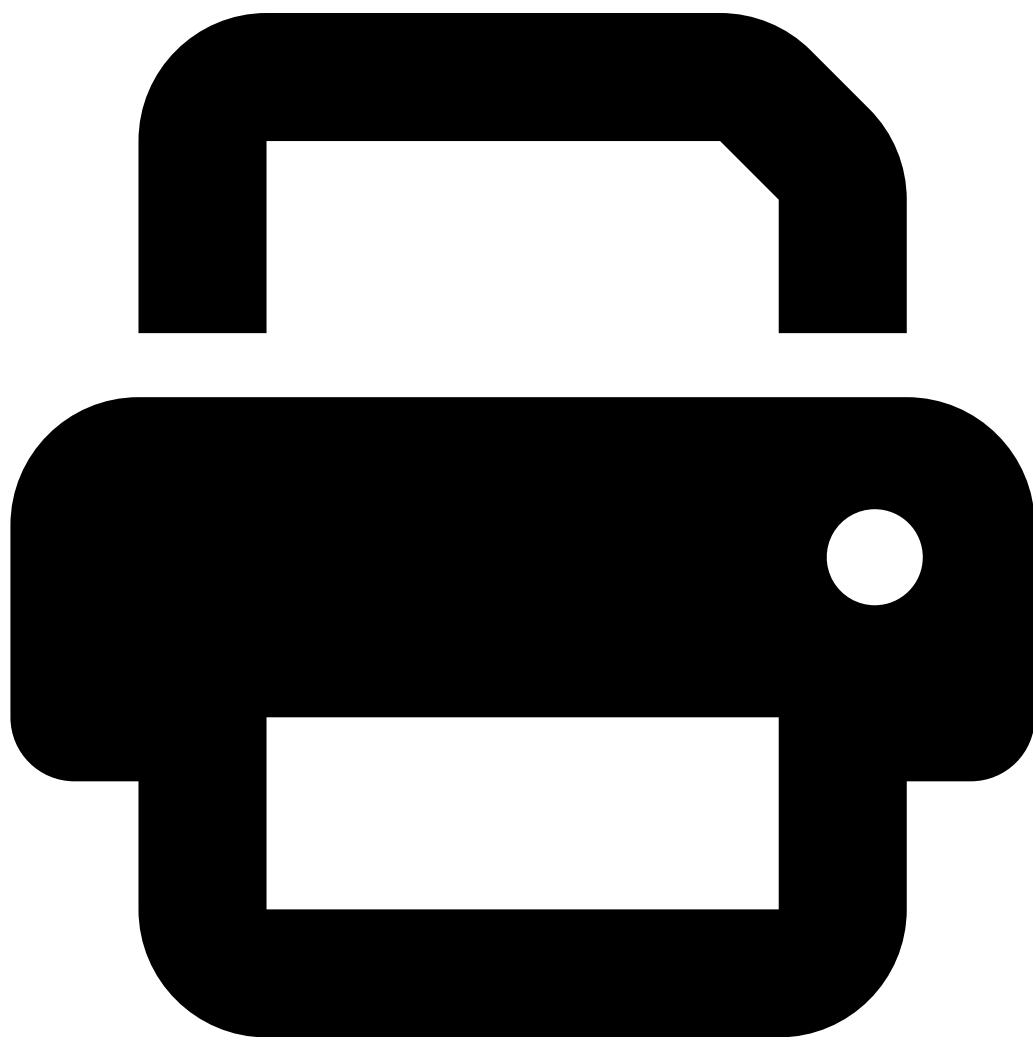
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Heading into the New Year with a this new Chicken Sausage Farfalle Pasta recipe. Chicken Italian sausage, crunchy bell peppers and marinara combined with cheesy goodness create a delicious sauce.

This pasta with healthier chicken sausage and peppers is nothing short of amazingness. I couldn't stop eating it. Not shocking I know, because I love pasta, and this Italian girl loves all Italian flavors.

I know I post a lot of pasta recipes, but when am stuck on "what's for dinner" it's pasta to the rescue. Pasta is easy, versatile, and who doesn't love pasta???? You could literally have Pasta every day for a month without repeating the same recipe, that's how versatile pasta is.

Customize This Chicken Sausage Farfalle pasta recipe

This Chicken Sausage Farfalle Pasta recipe is so easy to customize to fit your lifestyle and taste. for instance I used farfalle pasta,

a bow tie shaped pasta. Any shape pasta works with this recipe, although I prefer a short shape you can use any shape you like.

And because I wanted to keep it healthier I used Italian flavored Chicken sausage. If chicken sausage isn't your thing use any sausage

you like. One more thing I used my homemade marinara sauce in this recipe which I always have on hand, if you don't you can use store bought marinara. I've linked both marinara alternatives.

Chicken Sausage Farfalle Pasta



Farfalle is tossed with Italian chicken sausage, colorful peppers, marinara, and melted mozzarella and Parmesan for a hearty, flavorful pasta dinner.

- $\frac{1}{2}$ lb Farfalle Pasta
- 2 tbsp butter
- $\frac{1}{2}$ lb Chicken Italian sausage

- 1 each chopped red and green bell peppers
- 1 chopped yellow onion
- 2 tbsp chopped garlic
- 2 cups prepared marinara sauce
- 1 cup reserved pasta water
- 1 cup shredded mozzarella cheese
- 1 cup grated parmesan cheese
- 4 tbsp each chopped Italian parsley and basil
- Salt and pepper to taste

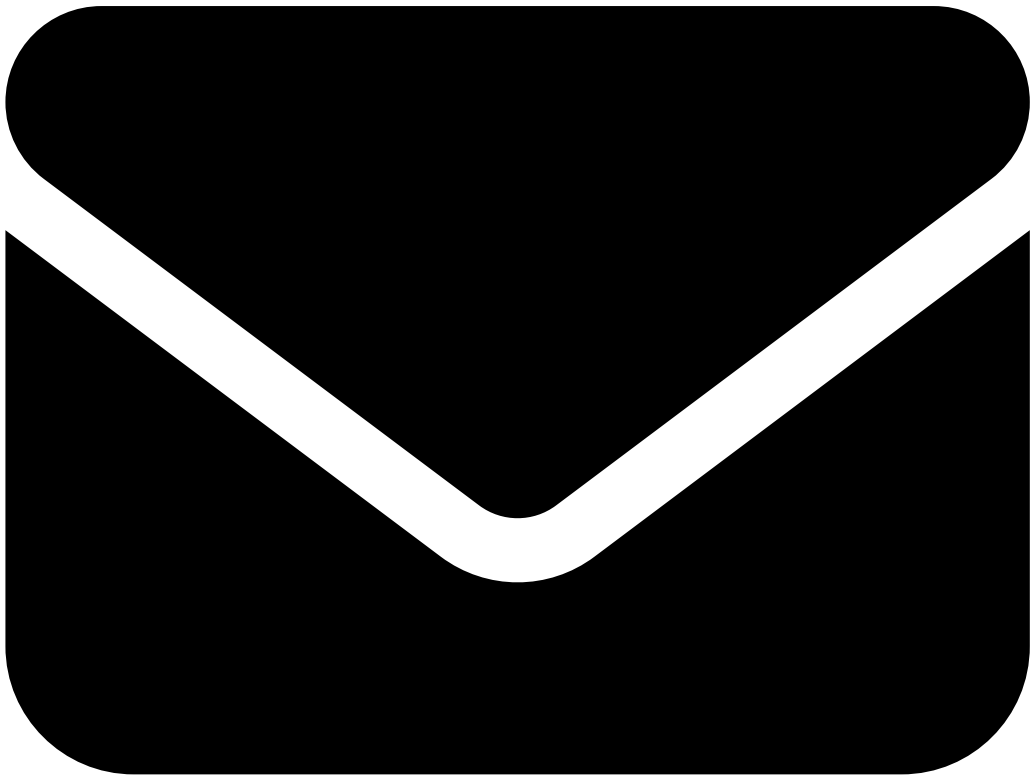
1. Cook pasta according to package directions reserving 1 cup of the water before draining
2. Meanwhile in a large saute pan in 2 Tbs. of butter saute the onion, peppers and garlic until tender and just beginning to brown
3. Remove casing from the sausage add to saute pan breaking up large pieces with a spoon saute until golden
4. Add the marinara sauce, reserved pasta water and herbs simmer covered 15 minutes
5. Add the cheeses simmer 10 minutes longer
6. Add the pasta to the sauce adjust salt and pepper to taste
7. Top with additional parsley and parmesan

Arrabiata Lobster Sauce **Spaghetti**

Arrabiata Lobster Sauce Spaghetti

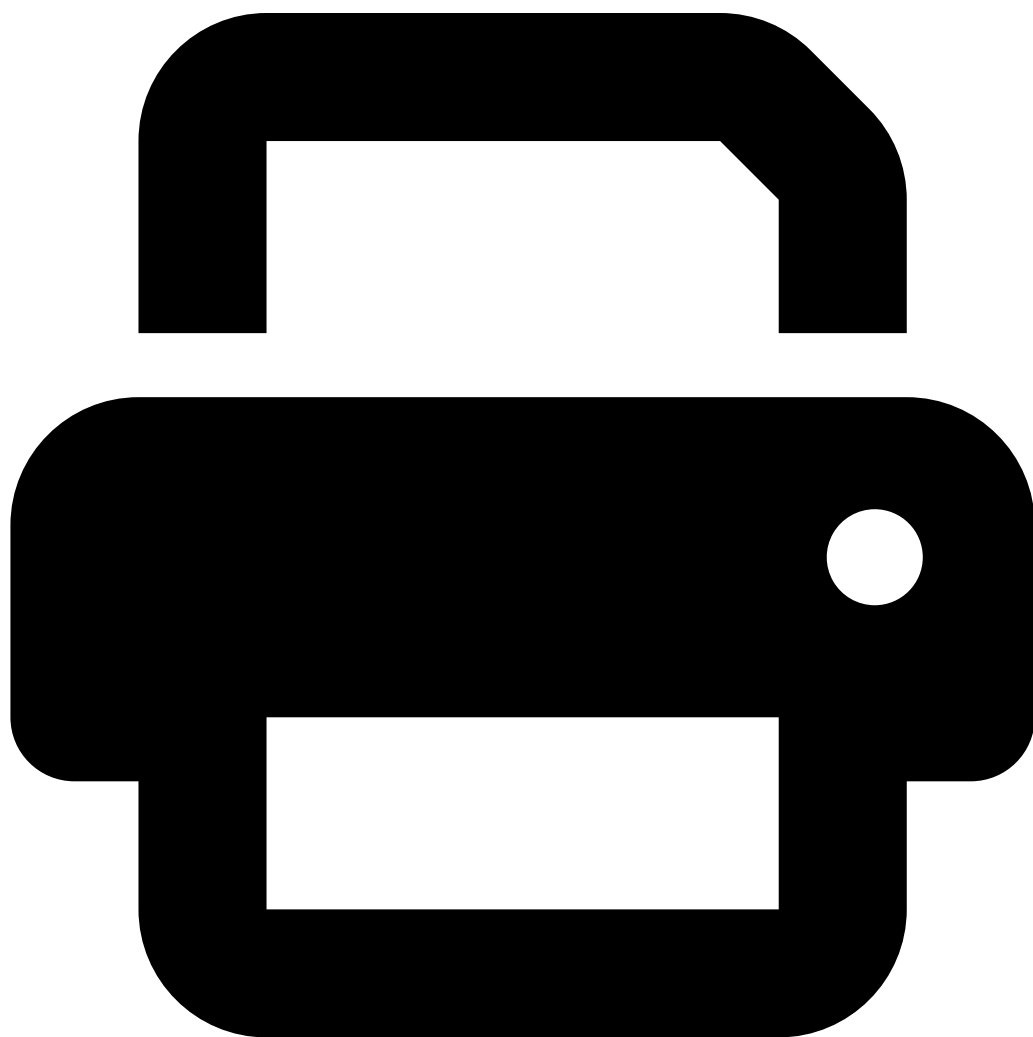
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Happy New Year my friends wishing you a new year with new blessings!!! My first post of 2021 starts with this decant Arrabiata

Lobster Sauce Spaghetti recipe. Arrabiata means angry in Italian, well there's nothing to be angry about with this recipe.

In fact this recipe is going to make you and your family real happy. Succulent lobster meat, in a spicy tomato sauce full of Italian flavors tossed with one of my family's favorite pasta shape spaghetti!!!!

Lobster can be pricy, using it in a sauce makes it more affordable, and that makes this recipe you will want to make often.

Tips when making Arrabiata Lobster Sauce Spaghetti

Tip number one when making this Arrabiata Lobster Sauce Spaghetti recipe since the sauce is mostly tomatoes the tomatoes you use is important.

I found the tomato products from San Marzano the best, not only in this recipe but in all my tomato based sauces.

Secondly, I used four previously frozen Maine Lobster tails unshelled them and cut them into even pieces for even cooking.

And third if you want an alternative to frozen Maine Lobster Tails you can use canned Maine Lobster. One more thing you can adjust the level of heat, if you like less or more spice adjust the hot pepper flakes.

And lastly if you make this delicious Arrabiata Lobster Sauce Spaghetti recipe, please leave me a comment. I love hearing from you it's my favorite part

Arrabbiata Lobster Sauce Spaghetti



Spaghetti is tossed with tender lobster, tomatoes, spinach, garlic, and herbs in a bold, spicy Arrabbiata sauce for a flavorful Italian seafood pasta.

- 1 lb. spaghetti

- 1 lb. lobster meat
- 2 cups chopped spinach
- 14.5 oz chopped tomatoes (2 of these)
- 14.5 oz tomato sauce
- 1 cup reserved pasta water
- 1 chopped yellow onion
- 3 tbsp chopped garlic
- 2 tbsp each olive oil and butter
- 3 tbsp hot pepper flakes
- 2 bay leaves
- 1/2 bunch each chopped Italian parsley and basil
- Salt and pepper to taste

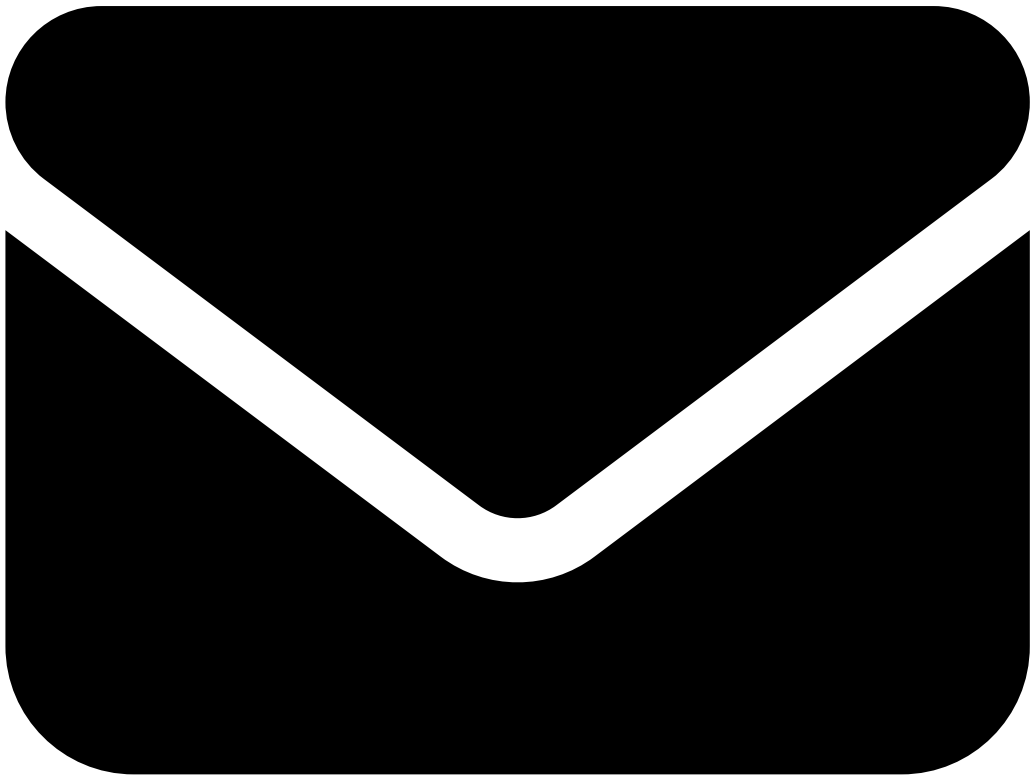
1. Cook spaghetti according to package directions reserving 1 cup of the water before draining
 2. Meanwhile in a large deep saute pan bring the oil and butter to medium heat
 3. Add the onion and garlic saute until tender and just beginning to brown
 4. Add the red pepper flakes saute until fragrant
 5. Add the tomatoes, water and bay leaves salt and pepper now
 6. Simmer covered for 45 minutes
 7. Add the lobster, chopped spinach and herbs simmer until lobster is cooked through about 5 to 7 minutes
 8. Toss Spaghetti into the sauce adjust seasonings sprinkle with additional Italian parsley and basil
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Baked Unstuffed Shells

Baked Unstuffed Shells

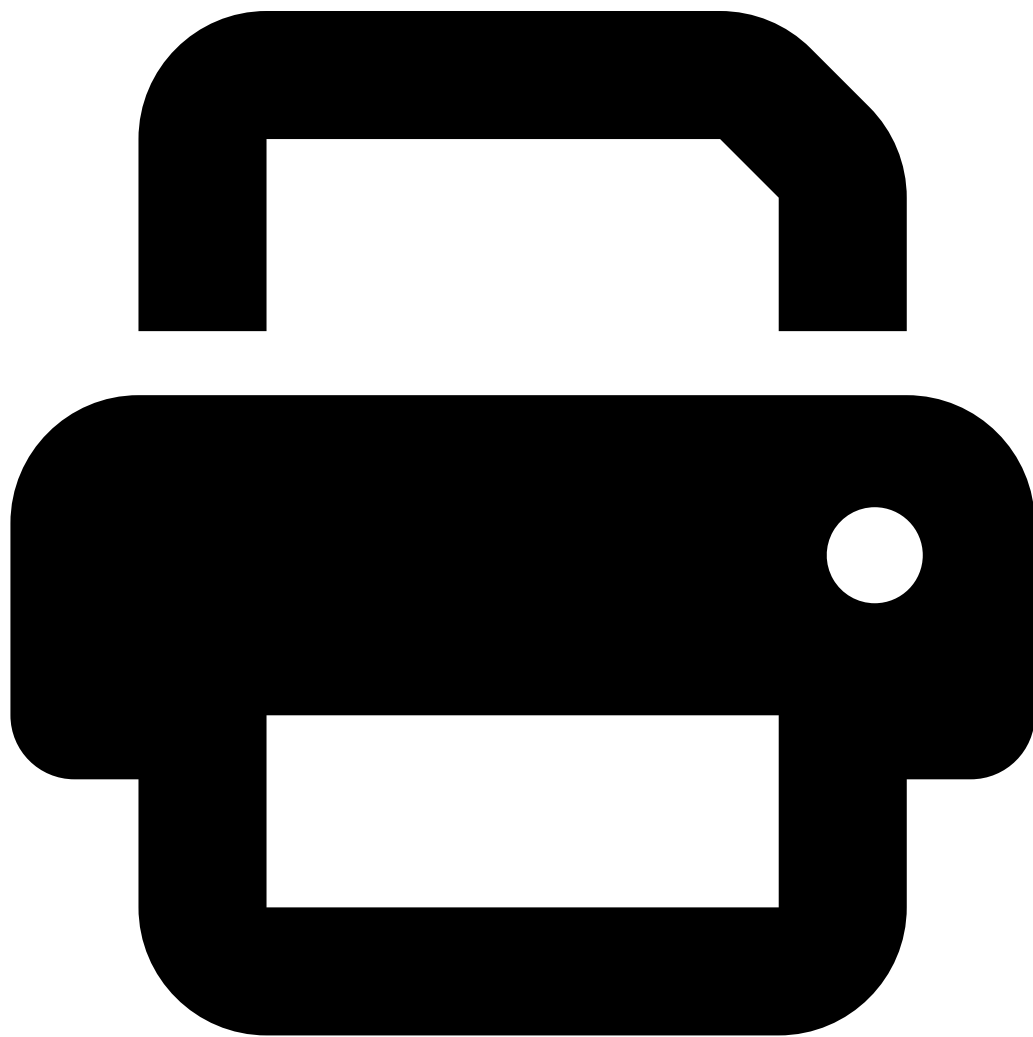
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It's that week between Christmas and New year when I don't know what day it is, or what time zone am in. This time of year *I need comfort food.*

And the comfort comes in the form of this Baked Unstuffed Shells recipe. Jumbo shells, ground beef, and cheese in my real easy marinara sauce is baked to a golden, cheesy deliciousness family and friends will crave.

Baked pasta dishes are one of the most comforting meals this time of year and this recipe is one of my favorites!!

Why This Baked Unstuffed Shells recipe is one of my favorites

I love this Baked Unstuffed Shells recipe, because first and most importantly it's easy. You don't have to stuff the shells, some stuff themselves when you mix it altogether.

Another reason I like this recipe, it comes together pretty quickly if you have a prep plan in place

Third this Baked Unstuffed Shell recipe can be made ahead of time, kept in the refrigerator and baked the day you plan to serve it. In fact you can make this recipe and freeze it for ready made meals, on busy weeknights.

When you think of this recipe, think pasta casserole and who doesn't love a pasta casserole that can go from freezer to oven to table?

Serve and bake it in a beautiful white casserole dish that goes from oven to table and will look pretty on your table.

If you Make this Baked Unstuffed Shells recipe please leave me a comment and please don't forget to tag me on Instagram.

Baked Unstuffed Shells



Tender pasta shells simmer with savory ground beef and marinara, then bake with mozzarella, Parmesan, and fresh herbs until golden, bubbly, and irresistibly comforting.

- 1 lb. large shells
- 1 lb. lean ground beef
- 4 cups my real easy marinara sauce
- 1 cup water
- 1 chopped onion

- 2 tbsp chopped garlic
- 2 cups shredded mozzarella
- 1 cup grated parmesan
- 1/4 cup each chopped Italian parsley and basil
- Salt and pepper to taste

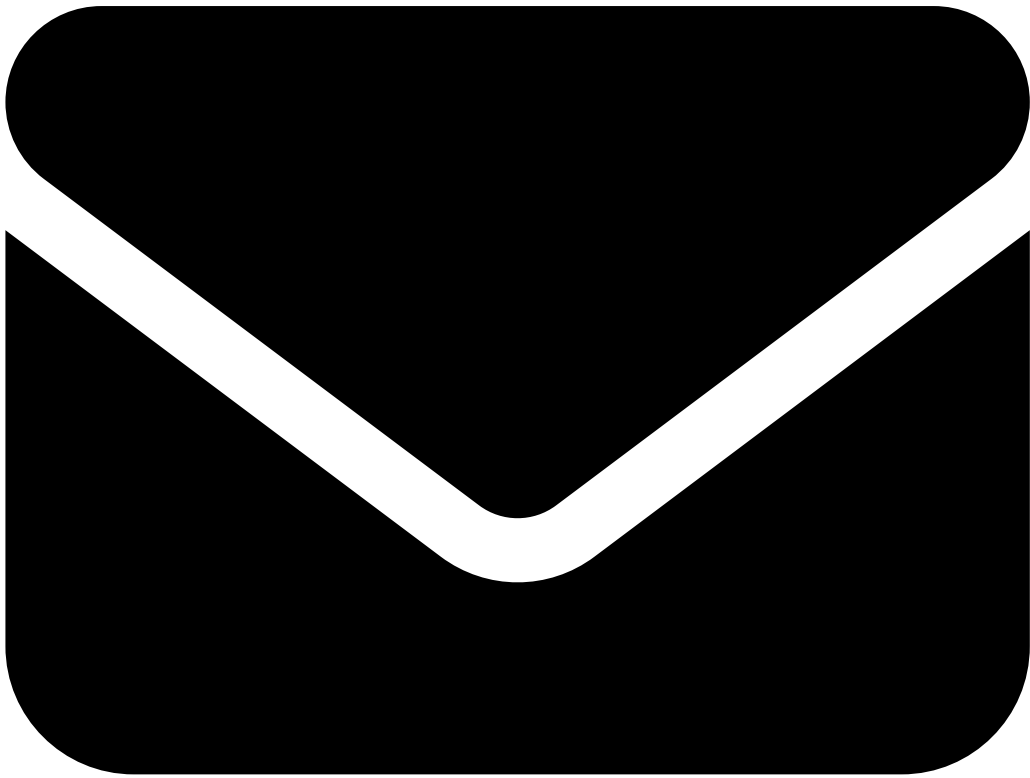
1. Pre heat oven to 375 degrees
2. In a large saute pan saute the onion and garlic until tender and just beginning to brown
3. Add the ground beef salt and pepper now saute until brown drain fat
4. Add my real easy marinara sauce and water
5. Add the pasta shells simmer for 10 minutes
6. Add the cheeses and herbs
7. Transfer to an oven proof casserole dish
8. Top with additional mozzarella and parmesan
9. Bake covered for 20 minutes uncover and bake 10 more minutes or until golden brown and bubbly.

Easy Roasted Lobster

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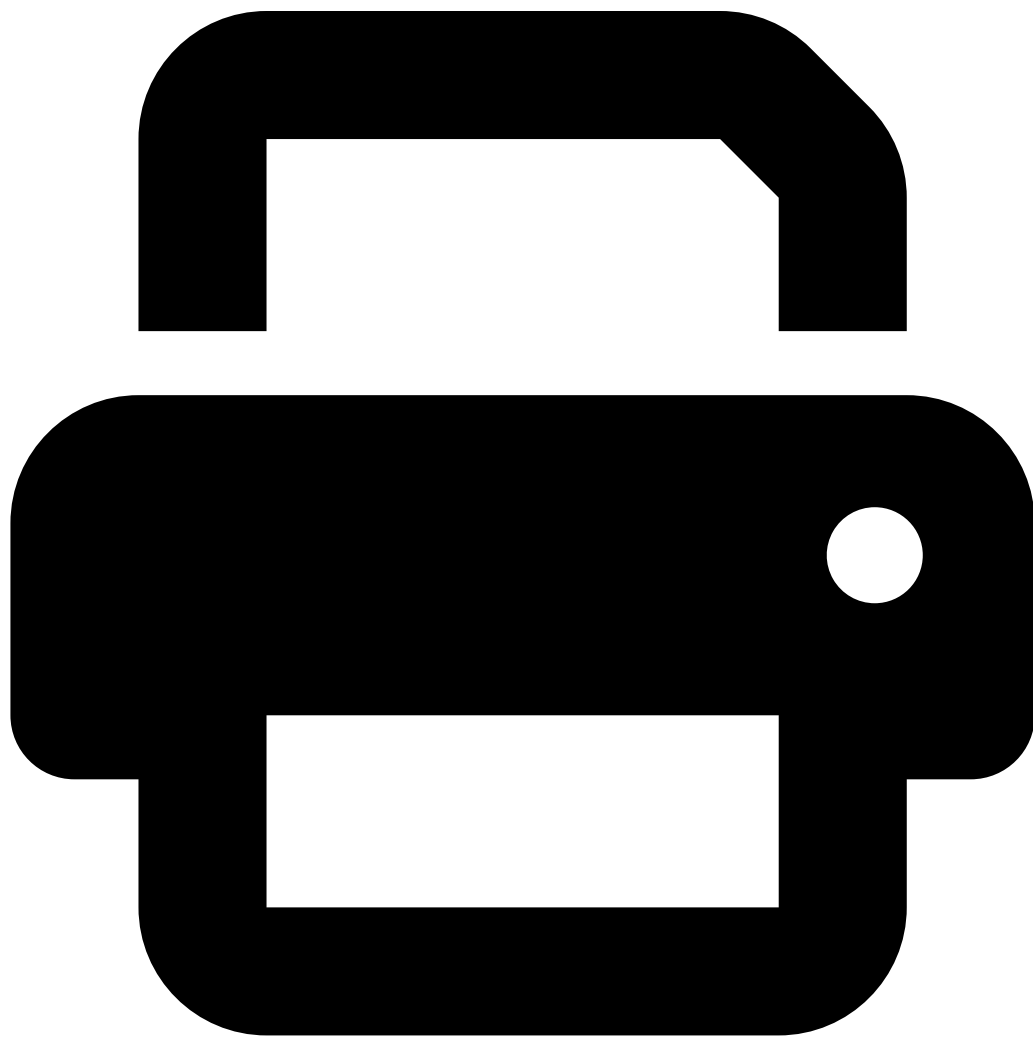
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You won't believe how easy this Easy Roasted Lobster recipe is. Few ingredients and few steps will leave you wanting to make it more often.

Sure lobster is a decant meal and can be pricey, but if you want to impress family and friends this is the meal to make this holiday season.

If you want to stretch the lobster further you can serve it along with a side of freshly butter pasta for a unforgettable meal everyone will love !!!!!

What Kind of Lobster to use In this Easy roasted Lobster Recipe

I used frozen Maine lobsters for this Easy Roasted lobster recipe. There are two main groups of lobsters clawed lobsters and spiny or rock lobster.

The difference between the two??? Maine lobsters are found not only in Maine, but also else where on the cold North Atlantic coast, as well as the Canada coast.

Red lobster buys live Maine lobsters tails, which is how they are almost always sold.

Rock lobsters are found in warmer waters and they don't have large edible claws like the Maine Lobster, but only tiny claws, which don't have any edible meat.

This is why rock lobsters only come in tails.

Red lobster buys Rock lobster tails frozen which is how they are usually purchased. That's what I used in this Easy Roasted Lobster recipe.

This is a restaurant quality recipe that is easy and delicious, if you make it please leave me a comment, and please don't forget to tag me on Instagram with your creations. I love hearing from you!!!!

Easy Roasted Lobster



Tender lobster tails are roasted with garlic, butter, lemon, and fresh parsley for an easy, elegant seafood dish served with extra melted butter for dipping.

- 5 oz. lobster tails (4 of these)
- $\frac{1}{4}$ cup melted butter

- 1 tbsp finely chopped garlic
- 2 tbsp chopped Italian parsley
- 2 tbsp lemon juice

1. Defrost Lobster tails if frozen cut in half and pat dry
2. Melt butter mix in the rest of ingredients
3. Brush the lobster tails with the melted butter reserving the left over for dipping
4. Roast the lobster 7 to 10 minutes
5. Serve with lemon wedges and melted butter sprinkle with additional Italian parsley