

Portions: serves 4



Ingredients

Aioli

½ cup	mayonnaise 125 mL
2 cloves	garlic, minced
1 tbsp	lemon juice
1 tsp	chopped fresh parsley
1 tsp	chopped fresh tarragon
¼ tsp	paprika
¼ tsp	each salt and pepper

Lobster tails

8 lobster tails	any size preferred 5-6 inches
2 tbsp	olive oil

Directions Preheat the oven or grill to 400F.

Start with the aioli.

- In a small bowl, combine mayonnaise, garlic, lemon juice, parsley, tarragon, paprika, salt and pepper.
- Cover and refrigerate.

Next prep the lobster tails.

- Cut each lobster tail in half lengthwise
- Pat pieces dry with paper towel.
- Brush lobster with olive oil and season with salt and pepper

Next grill the lobster tails; they take about 3-6 minutes on the grill.

- Grill, cut-side down, on medium-high grill for 2-3 min.
- Turn cut-side up and grill 2-3 more minutes or until just cooked through.

The oven bakes option, they 8 to 10 minutes in the oven.

- Place on foiled cookie sheet and bake 8 to 10 minutes or until just cooked through.

Serve.

- Serve immediately with garlic aioli.

Bon appétit, *Chef Gilles*

