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Omani Lobster with za'atar and garlic



Ingredients

2 Lobster tails, cleaned
fresh za'atar – about 12 stems
1 tsp black mustard seeds
2 cloves crushed garlic
1 tbsp butter
1 tbsp olive oil
salt, pepper and lemon to taste

Preparation

- 1 Stuff the lobster tail with a couple of sprigs of za'atar, a sprinkling of mustard seeds and a drizzle of olive oil.
- 2 Throw on a nice hot barbecue (or grill), leg-side down first. Cook for about 5 minutes, then turn down a little and cover. After another 3 minutes. Turn, cooking for about 4 minutes on each top side (it will curl so it won't lie flush on its back), covered. If desired, you might want to separate the tail with a sharp knife at this point and grill the two halves open.
- 3 While the lobster is cooking, gently fry the garlic in a little olive oil and butter, and try not to brown it. Season well and baste lobster with this during cooking, then drizzle the remainder over lobster to serve.
- 4 Tips on preparing lobster
- 5 Kill it (if it's not already dead) – 30 minutes in the freezer or a knife between the eyes will do it.
- 6 Pull the head off (it comes off fairly easily, like a prawn head, with a twist and a tug)
- 7 Pull out all the gooey bits (they will be green, black and orange, and there may also be roe on the base on a frozen lobster – it's bright red) just as you would when cleaning a prawn.
- 8 Cut down the back of the lobster shell, all the way to the tail, then spread a little to remove the last of the digestive tract.
- 9 Sometimes the frayed ends of meat have stains on them from the innards – cut off the worst bits, but don't get too fussy and trim away all the meat. There may also be some black membranes attached to the shell – trim these off too with some kitchen scissors.

Cooks Note

Omani Lobster is presently a little overfished, but just once in a while, it's a super way to turn things up for a celebration. This is a claw-less variety, and so is easy to prepare and eat. Simply use the tails, and if you want to keep waste to a minimum, use the legs to make a

stock and freeze it for later.

Lobster tails are easy to cook – simply grill until the flesh is translucent – then take them off the heat and eat immediately – it will continue to cook a little in that shell until it's cracked open like a Christmas present. Za'atar is a local narrow and long-leaved thyme relative known elsewhere in the world as winter savoury.
