

## Crab-Stuffed and Baked Lobster Tails

The recipe was provided by Sally Roeckell of [Table and Dish](#) and were originally published at [365Barrington.com](#).

### Ingredients

- 4-6 lobster tails, 4 oz. each
- 4 tablespoons lemon butter, melted (combine 4 tbsp. melted butter with ½ tsp. lemon zest)
- Salt and pepper, to taste
- 4 tablespoons butter, salted
- 5 tablespoons onion, minced
- ½ teaspoon garlic, minced
- 1 cup butter crackers, crushed
- 1 ½ cups lump crab meat, picked over for shells and cartilage
- ¼ teaspoon salt and ground pepper, to taste
- ½ teaspoon lemon zest
- 5 tablespoons dry sherry
- 2 tablespoons olive oil



### Instructions

1. Preheat the oven to 425°F.
2. Cut the lobster tails. Start at the top of the shell and cut down to the edge of the fin.
3. Remove the tail meat, then place it on top of the shells.
4. Place lobster on a baking sheet. Season with salt and pepper and then brush with melted lemon butter.
5. Bake for approximately 5 minutes.
6. Melt butter in a small saucepan. Add onion and garlic and cook until onion is translucent (about 2 minutes.)
7. Gently fold in crushed crackers, salt, pepper, lemon zest, sherry, olive oil and crab meat.
8. After 5 minutes, remove lobster tails from the oven. Brush again with melted lemon butter, pack pre-cooked crab stuffing tightly on top.
9. Bake for 12 to 13 minutes, or until lobster meat reaches an internal temperature of 145°F.
10. Brush again with melted lemon butter, then serve immediately.