

Sous Vide Butter Lobster Tails

Ingredients

- 2 lobster tails, shells removed
- 8 tablespoons unsalted butter
- 1 tablespoons garlic, minced
- ½ teaspoon kosher salt

Directions

Step 1

Set the sous vide cooker to 140 F.

Step 2

Place the lobster tails, butter, garlic, and salt in a large zipper lock or vacuum seal bag. Seal the bag using the water immersion technique or a vacuum sealer on the moist setting. Place the bag in the water bath and set the timer for 30 minutes for best results or until 45 minutes is the max time allowed.

Step 3

When the timer goes off, remove the bag from the water bath. Carefully remove the lobster tails from the bag.

Step 4

Place lobster and its juices in a pan and keep warm until ready to serve.