

# Lobster ala Ben

## STEP 1: GRILL THE LOBSTERS

Ingredients: live lobsters. 1 whole lobster per person if serving as a main course, or a half lobster per person if serving as part of a surf-and-turf course.

1. Pre-heat the grill to 450 degrees F
2. Remove the rubber bands from the lobster claws
3. Place the live lobsters on the grill with the leg side down.
  - a. Grill for 3 minutes with the grill lid closed.
  - b. Flip the lobster and grill for another 3 minutes
  - c. Repeat steps 3a and 3b
4. Set aside and let the lobsters cool on the kitchen counter for an hour or overnight in the refrigerator (preferred).

## STEP 2: MAKE THE CRAB STUFFING

Ingredients for stuffing 3-4 lobsters: one 1-pound canned crab meat, tarragon, course ground black pepper, 2 eggs, and ½ cup mayonnaise (optional)

1. Beat the egg in a large bowl
2. Add all ingredients in a large bowl and combine gently. Be gentle when combining the ingredients so that the lumps of crab meat do not get broken up too much

## STEP 3: STUFF THE CRAB AND BAKE

Pre-heat the oven to 400 degrees F

1. Split open the lobsters on the underside from the tip of the head to end of the tail
  - a. If serving as a whole lobster, be care not to cut through the backside so that you can stuff the whole lobster
  - b. If serving as a half-lobster, cut through the back side to create two halves from each lobster
2. Stuff the lobster with the crab meat stuffing
3. If desired, shake some powdered red chili peppers on the crab meat to add a little zing to the dish
4. Bake in oven for 20 minutes

Serve with melted butter and lemon wedges. Steamed corn and asparagus make great sides for this dish.