

Baked Lobster in Garlic Cream Sauce (for 4 People)

Ingredients:

4 Half	Lobster
3 tbsp	Diced Onion
3 tbsp	Butter
3 tbsp	Flour
1 cup	White Wine
500 ml	Half and Half cream
1 tbsp	Garlic Powder
6 tbsp	Panko
4 tbsp	Cheddar and Mozzarella Cheese Mix
2 tbsp	Chopped Parsley
1 tbsp	Minced Garlic

Instructions:

- 1) Melt butter in a pot and sweat onion for 3 minutes or until onion cook. Stir in flour and add white wine. Let the white wine reduce by half and stir in half and half cream. Season with salt and white pepper and let it simmer for 10 minutes.
- 2) In a mixing bowl, mix Panko, cheese, parsley and garlic together.
- 3) Place the lobsters on a baking tray and crack open the arm shell little bit as it will cook the lobster faster. Spoon the cream sauce on top of each lobster, and sprinkle the Panko mixture on top. Bake the lobster in the oven for 20 minutes at 375°F.