
Lobster-Stuffed Beef Tender

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 8

1 three to four pound beef tenderloin

2 eight ounce lobster tails

2 tablespoons butter, melted

1 tablespoon lemon juice

6 slices bacon, partially cooked

1/2 cup sliced green onions

1/2 cup butter

1/2 to 3/4 cup dry white wine

1/8 teaspoon garlic salt

sliced mushrooms (for garnish)

parsley sprigs (for garnish)

Cut the beef tenderloin lengthwise to butterfly. Cook the frozen lobster tails in boiling salted water to cover. Return to a boil. Reduce the heat and simmer for 5 to 6 minutes.

Remove the lobster from the shells. Cut in half lengthwise. Place the lobster, end to end, inside the beef. In a bowl, combine two tablespoons of melted butter and lemon juice. Drizzle on the lobster. Close the meat around the lobster and tie together with string at intervals of one inch. Place on a rack in a shallow roasting pan.

Roast in the oven at 425 degrees for 45 to 50 minutes for rare doneness. Lay the bacon slices on top and roast for 5 minutes more.

In a saucepan, cook the green onion in the remaining butter until tender. Add the wine and garlic salt. Heat through.

To serve, slice the roast. Spoon on the wine sauce. Garnish the platter with mushrooms and parsley.

Beef

Per Serving (excluding unknown items): 302 Calories; 24g Fat (71.8% calories from fat); 20g Protein; 1g Carbohydrate; trace Dietary Fiber; 130mg Cholesterol; 477mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.