
Lobster a L`Orange

Hugo's rotisserie Restaurant - Pittsburgh, PA
Pittsburgh Chefs Cook Book - 1989

Servings: 2

2 four-ounce lobster tails

2 whole eggs

Romano cheese

touch cream

3 ounces orange juice

1 ounce Triple Sec or Cointreau

1 ounce whole butter

2 ounces all-purpose flour

chopped parsley

2 slices orange or lemon

In a bowl, beat together the eggs, Romano cheese and cream.

Steam the lobster tails in the shell for about 15 minutes. Cool and peel the shell, do not cut through the meat.

Slice the tails into medallions (about five to six slices) from each tail. Dredge the medallions in flour, then the egg batter. Saute' until golden on both sides. Keep warm.

Reduce the orange juice and liqueur in a shallow pan.

Lightly flour two 1/2 ounce pieces of butter. Add to the simmering liquid in small pieces until the liquid thickens.

Arrange the lobster medallions on a plate. Spoon on a small amount of sauce. Garnish with the orange and/or lemon slices and chopped parsley.

Seafood

Per Serving (excluding unknown items): 443 Calories; 7g Fat (15.5% calories from fat); 62g Protein; 28g Carbohydrate; 1g Dietary Fiber; 456mg Cholesterol; 896mg Sodium. Exchanges: 1 1/2 Grain(Starch); 8 Lean Meat; 1/2 Fruit; 1/2 Fat.