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split lobster menu solutions



Ginger Miso Glazed Split Lobster

Ingredients:

4	Clearwater Split Lobsters, thawed as per instructions	2 Tbsp (16 g)	Water
		1 Tbsp (9 g)	Honey
1/3 cup (90 g)	Miso	2 Tbsp (2 g)	Green Onions
1/3 cup (80 g)	Vegetable oil	Pinch (1 g)	Salt
1 tsp (3 g)	Ginger, minced small	Pinch (0.25 g)	Black Pepper
2 Tbsp (16 g)	Rice Vinegar		

Method:

Remove Split lobsters from package; rub with olive oil and season meat side with salt and pepper. Preheat a grill or large sauté pan to medium-high heat and sear lobsters for 2 minutes until meat is starting to color and partially cooked. Mix Miso, vinegar, water, honey and ginger. Generously "paint" meat of each split lobster. Arrange on a baking sheet and broil (or roast on high heat 225°C) for 2 minutes.

Serve with rice and vegetables.

Serves 4

MENU PROFITABILITY

	Calculate Cost
1 Nova Scotia Prime Split Lobster (Chix size)*	\$
All other ingredients	\$
Food Costs	\$
Suggested Menu Pricing	\$

PROFIT \$

*Chix size 0.38 lb (175 g) / pc

Average split weight, eviscerated

Claw & knuckle meat in head cavity, legs attached

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