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# split lobster menu solutions



## Garlic Herb Brushed Split Lobster Surf & Turf

### Ingredients:

4	Clearwater Split Lobster, thawed as per instructions	1/2 cup (125 g)	Olive oil
		Pinch (1 g)	Sea salt
1 Tbsp (1 g)	Thyme, fresh chopped	Pinch (0.25 g)	Fresh cracked pepper
1 Tbsp (1 g)	Oregano, fresh chopped	1/4 bunch (2 g)	Parsley, fresh chopped
1 Tbsp (9 g)	Garlic, minced	28 oz (800 g)	Rib eye steak (4)
Pinch (0.25 g)	Paprika		Lemon wedges

### Method:

Preheat grill. Mix together olive oil, paprika, thyme, oregano, and garlic. Reserve. Season split lobsters generously with salt and pepper and brush with some of the oil mixture. Place meat side down over the fire for 2 minutes. Turn lobsters and brush again with the seasoned olive oil. Cook for 2 additional minutes, until meat is thoroughly cooked. Remove and sprinkle with chopped parsley.

Serve with steak, cooked to preferred doneness and accompaniments such as a salad or seasonal vegetables with lemon wedge.

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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