

Grilled Buttered Lobster

Cuisine: **Chinese**
Food category: **Fish**




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Program steps


Preheating: 265 °C


1

 Combination

 30 %

 Termination by time

 05:00 mm:ss

 250 °C

 90 %



| Ingredients - number of portions - 1 | | |
|--------------------------------------|-------|------|
| Name | Value | Unit |
| lobsters | 350 | g |

Nutrition and allergens

Allergens:

Minerals:

Vitamins:

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 290.5 kJ |
| Carbohydrate | 1.9 g |
| Fat | 3.5 g |
| Protein | 59.5 g |
| Water | 0 g |

Directions

*Boston lobster (half)

◇ Spice cream is made in advance

◇ Before baking, the surface is coated with spiced butter, and it is cooked directly on a grill pan

◇ There is no need to preheat the baking pan, and the baking effect can be directly achieved at 250°C

◇ Spread spice cream before cooking and after baking to avoid surface dryness and increase flavor

Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Bake



Vision Express Grill