Poached Lobster  
  
4 medium size lobster tails  
3 sticks unsalted butter  
1 large pack of spinach  
4 cloves of garlic  
1 6inch piece of ginger  
1 cup of rice  
  
Wash and chop ginger into quarters put in 1 quart pot 3/4 full of water. Bring water to boil. Add rice when it comes back to a boil, cook for 20 minutes. Stirring occasionally.  
Remove lobsters from shells by cutting off end of tail and along the length of the lobster on the top and bottom. Remove the red skin.  
Melt two ticks of butter in Sause pan and squeeze one pot of garlic. Sauté lobster in butter until meat turns white. chop into bite size pieces.  
Put spinach in sauce pan sprinkle a little water and squeeze three pods of garlic in. Heat until spinach is limp. Add a little butter and olive oil. Salt and pepper to taste.  
Put spinach at bottom of serving bowls. Put rice on top of spinach.   
Put lobster over the rice and spoon butter over the top.