



Watch Jayne's Video on
How to Cook Live Lobster:
<http://tiny.cc/LiveLobster>

Lobster

"I Just Bought Lobsters, Now What?"

When storing fresh lobsters at home before cooking them, keep them cool, not frozen. Lobsters will stay alive for hours in a refrigerator. Do not store lobsters in fresh water. The Spiny Lobster can be boiled, steamed, broiled or grilled. You can also remove the cooked meat from the shell and use it for other dishes.



How To Cook Live Lobsters

Two most common ways to cook lobsters are steaming & boiling. Most fishermen prefer to steam lobsters.

Steaming: To steam lobsters, put about two inches of seawater or salted fresh water in a large kettle. Bring the water to a rolling boil. Put in live lobsters, one at a time, grasping them just behind the claws. Let the water boil again & begin timing. Allow 18 min. for 1 to 1 ¼ lb. hard shell lobsters, & 20 min. for 1 to 1 ½ lb. or larger hard shell lobsters. If they are new shell (softer shell) lobsters, reduce cooking time by 3 min.



Boiling: To boil lobsters, fill a large kettle ¾ full of water, allowing about 2 ½ quarts of water for each lobster. If seawater is not available, add two tablespoons of salt for each quart of water. When water boils, put in live lobsters one at a time & let the water boil again. Lower the heat, cover & simmer about 15 min. for 1 to 1 ¼ lb. hard shell lobsters, & 20 min. for 1 ½ to 2 lb. hard shell lobsters. Reduce cooking time by 3 min. for new shell lobsters (softer shell). When the antennae pulls out easily, the lobsters are done.



How To Eat Lobsters

1. Twist off the large claws
2. Crack each claw with a nutcracker, pliers, knife hammer, or rock.
3. Separate the tail from the body by arching the back until it cracks.
4. Break off the tail flippers.
5. Insert a fork & push the tail meat out in one piece. Remove & discard the black vein which runs the entire length of the tail.
6. Unhinge the back shell from the body. The green part is the body cavity is the "tomalley" or liver, which some people consider the most delicious part of the lobster. The coral colored roe is also edible.
7. Open the body by cracking it apart sideways. Lobster meat lies in the 4 pockets (joints) where the small walking legs are attached. The small walking legs also contain meat which can be removed by sucking.



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