

How To Boil a Lobster

1. Fill a large pot half to two-thirds full with salted water (1 tbsp salt per quart).
2. Set your burner to high heat and bring water to a rolling boil.
3. Add lobsters to the pot head first, making sure that they are completely submerged.
4. Cover the pot tightly and return to a boil as quickly as possible.
5. Once water is boiling again, cook the lobsters 10 minutes for the first pound and 3 additional minutes for each additional pound, i.e., cook a two-pound lobster for 13 minutes.
6. When the antennae pull out easy, the lobsters are done.
7. Serve with melted butter.

Tips

- Be sure to keep the water boiling throughout the cooking time, but be careful that the pot does not boil over.
- Times given are for hard-shelled lobsters; **if cooking new shell lobsters, reduce boiling time by 3 minutes.**
- Try adding a cup of white wine to the water before boiling to add a bit of flavor.

How To Reheat a Cooked Lobster

Boiling (Preferred Method)

1. Keep cooked lobster refrigerated.
2. Bring lobster to room temperature.
3. Place in boiling water for one minute.

Microwave

1. Place cooked lobster in brown bag.
2. Reheat on high for one minute.

Grilling

1. Split lobsters in half.
2. place on grill shell side down.
3. Baste with seasoned butter.
4. Grill for 5 min to 145°

Sauteing

1. Crack open lobster and remove all meat.
2. Cut into portions and saute in butter.

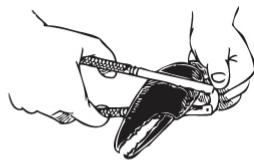
Don't Forget

- When removing the tail from the body you will see the greenish "tomalley" (lobster's liver). You can choose to eat it or not.

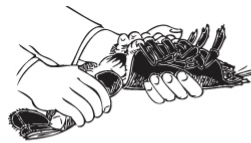
How To Eat a Lobster



1. Twist off the claws.



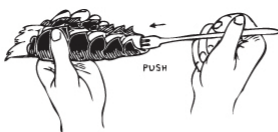
2. Crack each claw with a nutcracker, pliers, knife, hammer, rock, etc...



3. Separate the tail-piece from the body by arching the back until it cracks.



4. Bend back and break the flippers off the tail-piece.



5. Insert a fork where the flippers broke off and push.



6. Unhinge the back from the body. Don't forget that this contains the "tomalley", or liver, of the lobster which turns green when it's cooked. Many people consider this the best eating of all.



7. Open the remaining part of the body by cracking apart sideways. There is some good meat in this section.



8. The small claws are excellent eating and may be placed in the mouth and the meat sucked out like sipping cider with a straw.