

# COOKING MAINE LOBSTER

## BOILING

Fill pot with water, allowing 3 quarts of water per 1-1/2 to 2 pounds of lobster. Add ¼ cup sea salt for each gallon of water. Bring the water to a rolling boil. Add the live lobsters one at a time, and start timing immediately. Do not cover. Stir the lobsters halfway through cooking. Let the lobsters rest for 5 minutes or so after cooking to allow the meat to absorb some of the moisture in the shell.

## PARBOILING

Parboiling, or blanching, cooks the lobster just enough so that the meat can be removed from the shell. Then you can chill the meat down and reuse it later in a dish that calls for further cooking. Follow directions for boiling lobster, except cook only 2 minutes or as long as the recipe indicates. It's easiest to remove the meat while the lobsters are still warm.

## STEAMING

Pour 2 inches of seawater into pot and bring water to a rolling boil. (No Seawater? No Problem. Once water boils, add ¼ cup of salt and return to a boil.) Remove rubber bands for the lobsters' claws and place lobster in the pot, cover tightly, return to a boil, and start counting the time.

## GRILLING

Par-boil lobsters for 5 minutes (see parboiling for instructions) Place lobster on its back on a cutting board. Using a large sharp knife split the lobster down the middle. Remove the black vein from the tail, the tomalley from the body and the sand sac located near the head. Baste the lobster meat with some oil or butter.

### Lobster:

1 pound  
1 ¼ pounds  
1 ½ pounds  
1 ¾ pounds  
2 pounds  
2 ½ pounds  
3 pounds  
5 pounds

### Boil:

8 minutes  
9-10 minutes  
11-12 minutes  
12-13 minutes  
15 minutes  
20 minutes  
25 minutes  
35-40 minutes

### Steam:

10 minutes  
12 minutes  
14 minutes  
16 minutes  
18 minutes  
22 minutes  
25-30 minutes  
40-45 minutes

# COOKING LOBSTER TAILS

## Defrost the lobster tails

The lobster tails may be cooked from frozen, however, the best results are obtained if the tails are defrosted first. To defrost the lobster tails, place them in the refrigerator for a period of 8 - 10 hours or alternatively place them in a bowl of cold water. Once the tails have been completely defrosted, they will be ready to cook.

## Boiled lobster tails

1. Fill a large saucepan with water and add 1 teaspoon of salt for each liter of water.
2. Bring the water to the boil and drop the lobster tails into the pan.
3. Boil the tails for about 1 minute per oz of total weight. If there are 5 oz of lobster tails, you will need to cook them for 5 minutes.
4. Drain the lobster tails and serve hot with melted butter, lemon juice or mayonnaise.

## Steamed lobster tails

1. Pour 1 cup of water into the bottom of a pan and add salt.
2. Bring the water to the boil.
3. Insert a wooden skewer or cocktail stick down the length of each lobster tail. This will prevent them from curling up upon steaming.
4. Place the tails on a steaming rack placed inside the pan and cover with a lid.
5. Steam the tails for about 7 or 8 minutes, drain and serve hot.

## Grilled lobster tails

1. Insert a wooden skewer into the lobster tails to prevent them from curling on boiling.
2. Prepare a large saucepan of salted water according to instructions above for boiling lobster tails.
3. Once the water has reached a fierce boil, drop the tails in and cook for 4 minutes.
4. Drain the tails and position them on their backs once they have cooled slightly.
5. With a sharp knife, split the soft top shell of the tail, lengthways down the middle, but leave the hard shell underneath in tact.
6. Pour some melted butter and lemon juice over the meat of the tails or brush a marinade of lemon juice, olive oil, salt pepper, garlic powder and paprika over the meat and place shell side down into a pre-heated grill.
7. Grill for approximately 7 - 8 minutes under a medium - hot heat or until the meat is opaque, no longer transparent and firm to the touch.
8. Remove from the grill and serve hot with lemon, melted butter or mayonnaise.

## Baked lobster tails

1. Preheat the oven to 400°F (200°C).
2. Split the soft shell of the lobster tail in half lengthways with a sturdy knife.
3. Place the lobster tails on a baking tray and brush them with melted butter.
4. Bake in the oven for between 8 and 10 minutes.
5. Serve hot with lemon slices, melted butter or mayonnaise.