

Carasuzzi's

how to cook a **LOBSTER**

3 EASY WAYS TO COOK!



grilling lobster

Par-boil your lobsters in a large pot of boiling water for 5 minutes. Remove lobsters & plunge into a large bowl of cold water to stop the cooking. Drain the lobsters and store them in the refrigerator if you don't plan to cook them right away.

Place the 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.

Grill the lobsters flesh side down for 5 to 6 minutes, or until the flesh is just beginning to look opaque. Turn the lobsters over, baste with more oil and continue to cook for 4 to 5 minutes longer or until the lobsters are cooked through.

steaming & boiling on reverse side



steaming lobster

Put 2 inches of seawater or salted water in the bottom of a large pot. Bring the water to a rolling boil over high heat. Place the live lobsters in the pot. Cover the pot and return to a boil as quickly as possible and start timing. Allow 18 minutes for a 1 to 1 ¼ lb hard-shell lobster. If the lobster has a soft shell, reduce the cooking time by 3 minutes.



boiling lobster

Fill a large pot no more than ¾ full of seawater or salted water. Add 2T of salt for each quart of water. A good rule of thumb is to allow 2 ½ quarts of water for each lobster. Bring the water to a boil. Place the live lobsters in and let the water boil again. Lower the heat, cover the pot, and simmer for about 15 minutes for a 1 to 1 ¼ lb hard-shell lobster and 20 minutes for a 1 ½ lb lobster. If the lobster has a soft shell, reduce the cooking time by 3 minutes.

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*These suggestions for preparing this New England delicacy courtesy of the Maine Lobster Promotion Council.
Thoroughly cooking seafood & shellfish reduces the risk of food-borne illness.*