



## Arichat Seafood Market

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# STORING & COOKING LOBSTER

### ***How Much to Buy?***

A 1 lb whole lobster yields about 1/4 lb of lobster meat. A 1-2 lb whole lobster serves one person.

### ***Storing***

To properly store a live lobster put it in the refrigerator and cover it with a damp cloth or newspaper. Lobster will keep up to 36 to 40 hours out of water if they are kept in a cool damp environment (refrigerator) and their gills are kept moist. Since they are a salt-water creature, care should be taken to ensure lobster are not exposed to freshwater ice or melt-water.

Cooked lobster may also be kept under refrigeration at 5°C for up to two days.

### ***Cooking Boiled Lobster***

Boiling lobsters is the traditional way to cook them. It's also the most popular and the most simple. Using a large pot, place 2 litres of water for every pound of lobster. Add 2 tbsp of salt per 1 litre of water. Bring water to a boil and then plunge the lobster head first into the water and cover the pot. **When the water starts to boil again start counting the time.** Cook 7-10 minutes for the first pound and 2-3 minutes for each additional pound. Remember to increase the cooking time if more than one lobster is in the pot.

### ***Cooking Steamed Lobster***

Place about 2 inches of salted fresh water in the bottom of a large pot. Bring the water to a rolling boil. Place the live lobsters in the pot, one at a time. **When the water starts to boil again start counting the time.** Allow 20 minutes for a 1 ½ pound lobster.

### ***How do you know when a lobster is cooked?***

A lobster is cooked if the antennae and small legs separate easily from the body. If a black oil-like substance is found in the body cavity of a female this means she was undercooked (It is the undercooked roe). The meat inside will be firm, white and opaque, and the internal temperature will be 80°C.

Remove lobster from boiling water and serve warm or cool quickly by running under cool water.