

# HOW TO COOK LOBSTER

Cooking Lobster is easier than you might think. The first two basic things that you need are a large pot and water. Some people use only seawater to cook lobsters but if you cannot get it, just add salt to fresh water. The salty water is important to keep the flavor of the lobster meat.

We have outlined a few tips for you to prepare Nova Scotia Seafood at home.



## LOBSTER COOKING INSTRUCTIONS

Boiling and steaming are the most popular and traditional ways to cook live lobster and the method of choice if you want to serve a whole lobster. Boiling is a little quicker and easier to time precisely, and the meat comes out of the shell more readily than when steamed. For recipes that call for fully cooked and picked lobster meat, boiling is the best approach. In contrast, steaming is gentler, yielding a slightly more tender meat. It preserves a little more flavor and it's more forgiving on the timing front. It's harder to overcook a steamed lobster. When partially cooked lobster meat is needed for a dish, parboiling is the perfect option. Parboiling, or blanching, cooks the lobster just enough so that the meat can be removed from the shell. Then chill the meat and reuse it later in a dish that calls for further cooking.

## COOKING TIMES

The suggested guidelines below are appropriate when cooking one lobster at a time or several lobsters of the same size. For timing, use the weight of individual lobsters, not total weight of all lobsters being cooked.

<b>WEIGHT:</b>	<b>BOIL:</b>
1 pound	8 – 10 minutes
1 ¼ pounds	9 – 11 minutes
1 ½ pounds	11 – 12 minutes
1 ¾ pounds	12 – 13 minutes
2 pounds	15 minutes
2 ½ pounds	20 minutes
3 pounds	25 minutes
5 pounds	35 – 40 minutes