

CAUDLE'S CATCH



**SEAFOOD
SUPERSTORE**

Entertain with Confidence



Cooking Live Lobster
& Rock Lobster Tails

Live Lobster

Buying Lobster

Live lobster should show movement, and the tail should spring back when straightened. They may range in colour from mottled green to blue. Shells should be hard and thick, indicating the meat-to-shell ratio is good. Lobsters may tire between purchase and time of cooking; however, they should be alive prior to cooking. Cooked lobster should have a bright red colour and a fresh aroma. The tail section should be tightly curled and return to this position when straightened. If you plan to use fresh lobster in a recipe, you may remove the meat from the shell. A 1-pound (500-g) lobster contains approximately 3–4 ounces (100–125g) of meat. It takes 5.5 ounces (160 g) of meat to yield 1 cup (250 mL). An 11.3-oz. (320-g) can of frozen lobster yields approximately 2 cups (500 mL) of cooked lobster meat.

Storing Lobster

To properly store live lobster put in the refrigerator and cover with a damp cloth or newspaper. They will live easily for 12–24 hours in this environment. Do not immerse lobster in fresh water or allow to sit in melted ice. Cooked lobster may also be kept under refrigeration at 40°F (5°C) for up to 2 days. To freeze a cooked lobster in the shell, place lobster on its back to prevent juice loss and store in an airtight freezer bag or container. Keep frozen at 0°F (–18°C) for up to two months.

To freeze cooked, shelled lobster meat, cover with a brine solution—2 tsp. (10 mL) salt to each 1 cup (250 mL) water—leaving a 1/2 inch (1.2 cm) headspace. Seal tightly and freeze immediately. To thaw, allow 15–18 hours in the refrigerator, or microwave on DEFROST for 10–14 minutes per pound (500 g). The safest way to thaw frozen canned lobster meat is to place the unopened can in cold water in the refrigerator. Allow 2 hours per pound (500 g) for thawing. Once thawed, open immediately. DO NOT THAW in warm water or at room temperature.

Cooking Live Lobster

Boiling is the simplest and most traditional method of cooking lobster. Fill a large pot with enough salt water to cover lobster (1 Tbsp./ 15 mL of table salt per 1 quart/ 1 L of water). Bring water to a boil. Grasp the lobster by the back with your hand or tongs and plunge it head first into the boiling water. Cover. Once water has returned to a boil, start counting the cooking time. Cook 12 minutes for the first pound (500 g) and 4 minutes for each additional pound (500 g). Lobster is cooked when antennae separate easily from head. Remove immediately from boiling water; serve warm or cool quickly under cold running water. Undercooking the female lobster can result in a black oil-like substance being found in the body cavity. This is actually the undercooked roe and can be avoided by following the above cooking directions. Lobster may also be prepared in the microwave. Place a 1–1 1/2 lb (500–700 g) lobster in a 9"x13" (3 L) oblong baking dish with 1/4 cup (50 mL) water. Cover the lobster with plastic wrap, folding one corner back. Microwave on HIGH for 9–12 minutes until cooked.

To Enjoy...

Nutritional Values

Today, consumers value the nutritional content of the foods they eat. Lobster contains healthy amounts of iron, zinc, calcium, and iodine, as well as vitamins A, B, and B6. It also has no saturated fat and is low in cholesterol and calories. In fact, a 3.5-ounce (100-g) serving of boiled lobster meat contains—protein 20.5 g; cholesterol 72 mg; fat 0.6 g; sodium 380 mg; potassium 352 mg; energy 93 calories. Lobster makes an excellent menu choice.

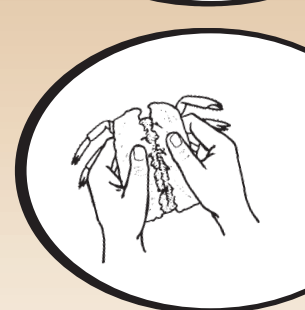
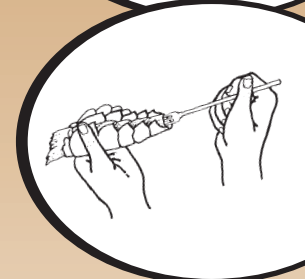
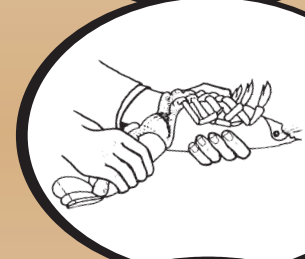
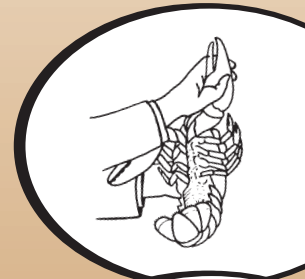
How to Eat

1 Twist off the claws. Crack each claw with a nutcracker and remove with a small fork or lobster pick.

2 Separate the tail from the body by arching the back until it cracks. Bend back and break off the tail flippers.

3 Insert a fork and push the tail meat out in one piece. Remove and discard the black vein that runs the entire length of the tail meat.

4 Open the body by cracking it apart sideways. This will expose four small pockets of meat where the small walking legs are attached, as well as the green tomalley or red roe. The small walking legs or claws contain some of the sweetest meat, which can be removed by sucking on the ends of the legs.



Rock Lobster Tails

For Broiling

Starting from frozen Frozen lobster tail is available at most large supermarkets but be prepared for the price to vary considerably season to season, whether fresh or frozen. Before you do or prepare anything, make sure that you buy fresh lobster from a reputable distributor. Thaw frozen lobster tails before cooking - they will be more tender than those cooked frozen. A faster thaw can be achieved by placing them in a plastic bag and immersing them in water while in the refrigerator for a few hours.

Prep the tails Insert point of kitchen shears between meat and hard shell on back. Clip shell down center, leaving fan tail intact. Do not remove underside membrane. Gently open shell, separating it from the meat. Lift raw tail meat through split shell. Arrange lobster tails, membrane side up in shallow pan with a small amount of water in bottom of pan to prevent drying.

Cooking Broil 4 inches from heat for 2-5 minutes depending on size. Turn, brush with melted butter and broil according to chart. The same method can be used for outdoor grilling, except place directly on well greased grill rack, cook membrane side first, turn, baste, & cook according to chart.

Boiling Lobster Tails

Drop lobster tail, thawed, into large kettle of boiling water with 1 tsp. salt for each quart of water. When water returns to a boil, lower heat and begin timing.

Many people think this is the best way is to cook lobster tails; however steaming will curl the tails, so before steaming, run a wooden skewer through them to prevent that from happening. Use 1 quart or 4-5 cups of water and bring water to a full boil. Place up to 4 average size tails in top steam colander and cover the pot. Lobster will turn red and the flesh becomes white. Allow to steam 1 and 1/2 minutes per ounce . Once cooked, take the steam colander to the sink and run cold water over them which stops the cooking process and allow you to rinse-wash the tails.

Serve with some melted butter in a small cup plus some lemon wedges.

*** Optional;** After you steam cook the lobster you can brush butter on them to barbecue grill or broil them keeping in mind they will dry out quickly and the flavor will be destroyed so only barbecue or broil them for a minute or so.

An important note: Seafood requires shorter cooking times than beef, lamb or chicken, and because most species of seafood have a low fat and high water content they can easily be overcooked. Only buy cooked shellfish if you intend to eat them without further cooking other then gently warming them using low heat, otherwise buy the seafood uncooked because double cooking only toughens the flesh.

Frozen Lobster Tails

6 oz = 9 minutes

8 oz = 12 minutes

10 oz = 15 minutes

Thawed Lobster Tails

6 oz = 6 minutes

8 oz = 8 minutes

10 oz = 10 minutes



60 Otonabee Drive, Kitchener, ON
Hours: Monday - Saturday 9am - 6pm