

# Lobster Dinner - How to: Prepare, Cook, & Eat Lobsters

## Ingredients

- Lobsters of your size preference
- Unsalted butter, melted (for serving)

## Preparation

1. Bring 2" water to a simmer in a large stockpot.
2. Add two 1 1/2-lb. live lobsters (yes, alive) and quickly cover pot—walk away if you need to.
3. Steam lobsters until shells are bright red and meat is cooked through, 8–10 minutes.
4. Remove from pot with tongs and let cool 5 minutes before cracking.
5. Serve with melted unsalted butter.



## Cooking times for different size and quantity of lobsters:

The average time is 10 minutes per pound size of lobster. So for a 2 pound lobster, 20 minutes. And for 4 pieces of 2 pound lobsters, still 20 minutes.

- 1 pound - 10 minutes
- 1.25 pound - 12 minutes
- 1.5 pounds - 15 minutes
- 2 pounds - 20 minutes
- 2.5 pounds - 25 minutes
- 3 pounds - 30 minutes

If they are larger lobsters, 3 pounds and above, stay with the 30 minutes. Steamed lobsters should be of the same relative size when cooking. So don't mix a 1 pounder in with a bunch of 4 pounders.

## Cracking open your lobster

The most fun, messy, and best part about enjoying your lobster dinner! Some people either go straight in with their hands or use a lobster cracker to break the shell and use a fork to retrieve the meat.

**The Claws and Knuckles** – Use a cracker and a fork to remove the meat from the claws and knuckles. A lot of juice will be inside, which some people love to drink straight from the claw before cracking it open.

**The Lobster Tail** – Squeeze the tail and it should crack down the middle, which will make it easier to use your fork and remove the meat. Remove the black vein that runs down the middle of the tail. *Tip:* There is meat in the flippers of the tail as well!

**The Legs** – Bite down on them and squeeze the meat into your mouth.

**The Tomalley** (Green substance in the body) – Give it a try, some consider this a delicacy.

**The Roe** – The 'Red' roe turns red after cooking and is delicious – it will appear black if it isn't cooked enough, so cook it more and it should be all red.