

Remember that this is not a pasteurized or retorted product and is not shelf stable without freezing.

COOKING LIVE LOBSTER:

BOILING

Most lobster in Eastern Canada and the United States is cooked by boiling in salted water. Lobster will have a mild ocean-fresh aroma, and taste delicious.

For each qt (litre) of cooking water add 2 oz (50g) coarse salt.

Use enough water to cover the lobster. Always time cooking from when the water returns to the boil after putting in the lobster.

Cook the lobster on 12 minutes for the first lb (500g), plus four minutes for each additional lb.

When cooked, remove lobsters from hot water and rinse with cold water.

A cooked lobster can be kept for three to four days in the refrigerator.

Cooking Times

Weight of lobster	Cooking time
1-1.1/4 lb/500-625	10-12 minutes
1.5 -2 lb/750g - 1 kg	15-18 minutes
2.5 - 5 lb/1250g - 2.1/2kg	20-25 minutes
6 - 10 lb/35kg	25-35 minutes
10 15 lb/5 - 7.5kg	35-40 minutes
15 -20 lb/7.5 - 10kg	40-45 minutes
20 - 25 lb/10 0 12.5 kg	1 hour

Preparation and Use

Canadian frozen lobster product broadens the range of options available to food service operators and consumers. These products can be combined with other ingredients to stretch your seafood dollar, but still add that elegance to a menu that only lobster can do. Food costs can be strictly controlled with no shrinkage or loss.