



Blue Ocean
MARICULTURE

OUR LOBSTER

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FAQ'S

How do I prepare my lobster?

Many chefs prefer a combination of the two: After freezing for 15 minutes, place the tip of a sharp knife behind the lobster's eyes, right below where the claws meet the body and halfway to the first joint. Swiftly plunge the knife down through the head. The legs will continue to move a bit afterward but the lobster is in fact dead.

What do I do if my lobster dies before preparation?

If the lobsters arrive cool, they are perfectly safe to cook and eat, regardless of whether they are alive or dead. Dead lobster can be consumed safely up to 24 hours from time of death, if refrigerated properly at or below 38°F (the temperature of the average home refrigerator).

How long do I boil the lobster?

1 1/4-pound lobster: boil 7-8 minutes

2-pound lobster: boil 10-12 minutes

1 1/2-pound lobster: boil 8-9 minutes

3-pound lobster: boil 12-14 minutes

STORING & HANDLING LIVE LOBSTER

How do I handle live lobster?

To pick up a lobster, grab it by its body – not by the claws or the tail. When you lift the lobster, it will probably curl its tail and try to strike you with its claws. Keep your fingers away from the underside of the tail. It has edges that may cut you if the lobster flips its tail.

How do store live lobster?

Refrigerate lobsters immediately and keep them cold until you're ready to cook them (best around 40 degrees F). The colder the lobster is, the lobster will become sluggish and won't move around a lot. Don't put them in your freezer until ready to prepare. Keep lobsters moist with wet newspaper or wet paper bag. A dry lobster is an unhappy lobster. It's best to cook lobsters the day they're delivered.

POPULAR LOBSTER RECIPES

BROILED LOBSTER TAIL:

We tried lobster tails every which way — steamed, baked, grilled, broiled — and our favorite is broiling. Why? It's fast and foolproof.

First, butterfly your raw lobster tails. This is a technique you'll often see at restaurants: lobster tails and the flesh inside split into two pieces. Cut the top shell of the lobster tails lengthwise down the middle with kitchen shears. Then cut through the tails with a knife to split the tails into two pieces.

Then, place the lobster halves flesh side up on a wire rack inside a baking sheet. Brush the flesh with butter and season with salt.

Finally, broil the lobster tails until the shells turn bright orange the flesh is opaque and cooked through and the tails begin to curl, about 4 minutes for 5- to 6-ounce lobster tails. Serve with garlic butter and enjoy!

CLASSIC LOBSTER ROLLS:

For the filling:

1 pound cooked lobster meat, cut into 1-inch pieces, 3 tablespoons lemon juice, 1/4 teaspoon salt, 1/8 teaspoon black pepper, 1/2 cup finely chopped celery, 1/3 cup mayonnaise.

Make the lobster salad: In a bowl, stir the lobster meat, lemon juice, salt, pepper, celery, and mayonnaise together. Add more salt, pepper, or lemon juice, to season.

For the buns:

4 to 6 New England style split-top hot dog buns, 2 to 3 tablespoons soft butter

Toast the buns: spread butter on the buns and toast in a pan, then spoon the lobster salad inside.