



Steamed Lobster

Put about 2 inches of sea water or salted fresh water in the bottom of a large pot. Bring the salted water to a rolling boil. Grasp the lobsters just behind the claws, and put them in the pot, one at a time. Return the water to a boil. Then start timing. Allow 18 minutes for 1 to 1 ¼ lb lobsters and 20 minutes for 1 ½ to 2 lb lobsters.

Lobsters will turn their characteristic bright red color well before the meat is thoroughly cooked inside.

A general rule of thumb: When the antennae pull out easily, the lobsters are done.

The most humane way to cook a lobster is to sedate them first by putting them in the freezer for a few minutes prior to putting them in the boiling water.



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