



## **Grilled Lobster**

Split a cooked lobster in half lengthwise. Crack the claws. Remove and discard the vein running down the tail and the small sac located behind the eyes. Brush the lobster with melted butter or basting sauce to keep the meat moist and tender. Place directly on the grill, shell side down, for 2-minutes, or just until the lobster is heated through.

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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