

Basic Lobster Directions

Live Lobsters

No preparation is needed for boiling live lobsters.

All lobster tails will turn bright red when cooked.

Boiling: For up to 5 pounds of live lobsters or thawed frozen lobster tails, pour enough water into a large pan to generously cover. Add 2 teaspoons salt, if desired, for each quart of water; bring to a boil over high heat. Add lobster tails or plunge live lobsters head first into water, tucking tails under to prevent splashing. Cover pan. When water resumes boiling, reduce heat and simmer until meat is opaque when cut.

For American lobsters, allow 10 to 15 minutes if small (3/4 to 1 1/4 pounds), 15 to 20 minutes if large (1 1/2 to 2 1/2 pounds);

For whole Spiny lobster, allow 12 to 15 minutes if small (1 to 1 1/4 pounds), 15 to 18 minutes if large (1 1/2 to 2 pounds). For lobster tails, allow 3 to 5 minutes for 2 to 4 ounce size, 5 to 7 minutes for 4 to 6 ounce size, 7 to 9 minutes for 6 to 8 ounce size.

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