

Basic

Steamed

Lobster

- *Eric's way*

The most common question we get on the docks is, "How do YOU cook lobster?" Answer - like this.

The Catch

live local lobster

(estimate 2 pounds per eater for dinner)

The Groceries

1 'shot' vinegar, optional

The Gear

big pot with a steamer basket

Fisherman's Tip:

You are basing your 'time' on the average weight of the lobsters. If they are generally the same, great. If you are cooking a 3 lb lobster in the same pot as a 1 lb lobster, you will need to take one out early. These directions are good for cooking between 1-5 lobsters.

Please don't overcook your lobster. It makes them rubbery and gives us a bad name.

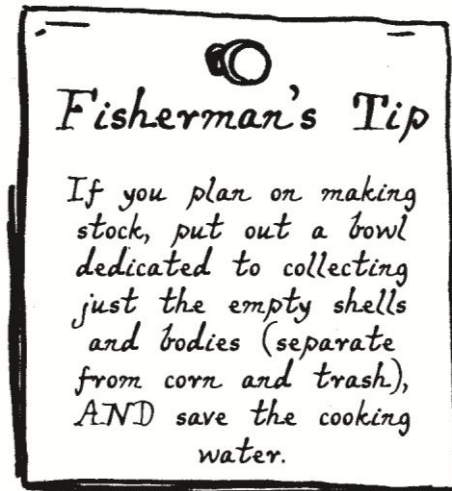
The How To

- **BOIL** one inch of water in a big pot that has a tight lid and a steamer basket. Optional: ADD a shot of white vinegar to make the shells brittle and the shucking easier.
- **DROP** in the lobsters and **COVER** tightly.
- **BRING** water back to a boil, then **START TIMING**. (Often with a steamer basket, the water never stops boiling.) If you are planning on 're-cooking' lobster in a dish – subtract a couple of minutes from their steaming time.

STEAMING TIMING:

To determine your lobster's 'hardness,' hold the body and squeeze. If it is collapsible to where you feel you could do damage just by squeezing – it is a 'soft shell.' If it has only a little 'springy' give – then it is a 'medium shell.' If it has no give whatsoever and feels like a rock – it is a 'hard shell.'

- 1 pound lobsters: soft shell = 8 minutes; hard shell = 10 minutes
 - 1 ½ pound lobsters: soft shell = 13 minutes; hard shell = 15 minutes
 - 2 pound lobsters: soft shells = 17 minutes; hard shell = 19 minutes
- **MELT** butter and **PREPARE** the table and 'sides' while lobsters are steaming. Each guest should have their own small dish of 'rinse' water and melted butter.
 - **REMOVE** lobsters when time is up with tongs and/or a rubber glove. They should be bright red all over and claws should pull off easily.
 - **HOLD** the lobster red side down on a firm surface and **SLIT** the tail up the middle with a big knife. This will make it easier for your guests. **WHACK** each claw crosswise with a big knife, deep enough to crack it, to make it easy for your guests.
 - **SERVE** the steaming lobsters immediately! No waiting, no passing go, no collecting 200 anything's.



Yield: Estimate 2 pounds of whole lobster per eater for dinner.

Kitchen Time: 20 minutes.

In Season: Year-round.