



Cooking & Handling Instructions

Please Read This Section Before Locating Other Section(s) That Pertain To Your Order:

The LobsterGuy ships Live Lobsters all over the country each and every day! As SOON as your Lobsters arrive, you must unpack and refrigerate them immediately! The box your lobsters arrived in is **A SHIPPING CONTAINER ONLY** and is **NOT** meant to be used as storage after arrival. The crisper section of your refrigerator, set to high humidity, is great. You can cover your Lobsters with damp newspaper. PLEASE, keep them DRY and **COLD!** DO NOT immerse lobsters in water or put them in your freezer alive; **DRY** and **COLD** is the best. We suggest you cook your live lobsters and shellfish (especially mussels) the same day they arrive, but on most occasions, they will be fine in your fridge for another 12 hours or so, as long as they are kept Dry and Cold. If you do not plan on eating your lobsters the same or following day, please follow the cooking and reheating instructions provided below. Any frozen products can be kept frozen in your freezer for up to 6 months. We recommend thawing products overnight in the fridge prior to cooking

Lobsters are very durable creatures and generally travel well. Please remember, we ship our lobsters overnight to you and if by the rare chance one does not survive the trip, it should still be fine to cook. As long as the lobster is cold to the touch, it has not been expired for long. It is fine to cook the lobster according to the directions and it is absolutely fine to eat. You must immediately notify the LobsterGuy of any issues with your order. If you have any questions, please call or email us; we are here to help in any way we can! 1-866-788-0004 or sales@thelobsterguy.com

Steaming Live Lobster

**(We always recommend steaming your lobsters vs. boiling them!)
(For our Lobster Clambake, please use the directions on page 2)**

If you cook more than one lobster at a time, you will need to increase the overall cooking time by only a few minutes. Do NOT use the combined total weight! You can use the lobster's antenna as a tester: tug a bit on the antenna and if it pops right off, they are done. To verify accurate cooking, look between the lobster body and the tail. You will have to slice the membrane to expose the meat. The meat should appear solid white with splashes of pink/red. It should not appear gray or jelly-like. All lobsters have light to dark green tomalley in their tails: it can be eaten or removed. Female lobsters may also have roe in their tails. When cooked, it will appear solid red/orange. If uncooked, it will be green to black in color and be gelatinous; this is completely normal in female lobsters at certain times of the year, and, unfortunately, we have no control over what female lobsters have inside for roe! Occasionally, especially in larger lobsters, the lobster may be fully cooked, but the roe uncooked. If you plan to eat the roe, place the lobster back in the pot and cook until the roe turns red. Otherwise, you can just rinse or wipe it off. Do not over cook lobsters.

With about 2 inches of water and a few pinches of salt in a large pot (steaming rack is optional), bring the water to a rolling steam over high heat. Carefully add your live lobsters into the pot. Cover the pot tightly, as that will bring the water back to a boil as quickly as possible. Once the water boils again, begin timing. Use the individual lobster's size to calculate your approximate cooking time: 13 minutes for the first pound and 3 minutes per pound for each additional pound. Lobsters will turn bright red when cooked. Example: 2 to 2½ pound lobsters should steam for 16 minutes; 1½-pound lobsters, for 14½ minutes.

To save your lobsters for later, immerse them in an ice-water bath immediately after cooking. Failure to do this will allow the lobsters to continue cooking, possibly leading to overcooked lobsters! Cooked lobsters will store in the fridge for up to 2 days. To keep longer, remove the meat from the shell, and freeze for later use. We suggest that you remove the flap of meat along the back of the lobster tail and rinse this area under cold water to remove any roe and or entrails prior to freezing; this will make for better quality lobster when you are ready to use it! We also suggest storing your lobster meat in a zip-top bag, removing as much air as possible.

To reheat a cooked lobster, we recommend steaming; bring 2-3 inches of water to a boil, carefully place the lobsters in the pot, cover tightly, and cook for only 2-3 minutes. Do not overcook.

Important: Please pay close attention to your cooking times! It is up to you to properly cook the lobsters! Do not overcook your lobsters; the meat will turn to "mush" if it is overcooked!

Genuine New England Lobster Clambake

Well, here it is! A real New England Clambake served right in your own home, cooked in the container you received it in. You can cook it over an open fire, in a fireplace, or on the kitchen stove... all in about one hour! The traditional perfection of the skilled “**Bakemaster**” has been achieved by the perfect method of packing live lobsters, ocean fresh clams, top grade sausage wrapped with fillet of fish, corn on the cob, onions, sweet potatoes, and red potatoes. Many years of preparing lobster clambakes and listening to customer feedback has helped us perfect this long standing New England tradition! The cooking process will take approximately 1-2 hours.

Clambake Cooking Instructions

Your clambake has been expertly packed for you and everything will cook perfectly in its tin – just remove any gel packs and packing newspaper from the top, keep the live lobsters and everything else in the tin, and follow these directions! For best results, read this section in full before you begin cooking. **Do not remove your clambake contents!** Tins are packed specifically to be cooked with these directions! The usual cooking time is 60 minutes for a 2 person bake to about 80 minutes for a 6 person bake. Use care once you begin cooking, as the tin and the lid will be hot!

1. For a 2 person bake add 1½ cups of water to the contents of the can.
For a 3 or 4 person bake add 2½ cups of water to the contents of the can.
For a 5 or 6 person bake add 5 cups water to the contents of the can.
2. Place lid back on can and place entire can on stove or fire on high heat.
3. Once steam rises from the vent holes in the cover, reduce heat so that the steam is barely rising from the lid.
4. The red potato on top is your “thermometer”. Test the potato with a fork and when the potato is done, your “Bake” is cooked to perfection! Remember, it will take about an hour for the 2-person bake and longer for the larger bakes. Do not overcook; remember to use your red potato as a guide!
5. Please use care removing the lid, (we recommend using oven mitts) as the container, lid, and contents will be hot!

Lobster Tails

Please Note: Thaw tails completely prior to cooking. Remove tails from packaging for all preparation methods. Female lobsters can have roe in their tails. Uncooked roe is dark green to black in color and perfectly natural. Once cooked, the roe will turn red/orange in color.

Steaming: (We do not recommend boiling. Steaming the tails will preserve their delicate flavor and texture). Using a small pot or pan that has a tight fitting lid, bring an inch or two of slightly salted water to a rolling boil. Add tails and cover: **5-6 oz. tails:** steam for 7 to 9 minutes; **7-8 oz tails:** steam 10-12 min; **8-10 oz. tails:** steam 12-14 minutes; **10-12 oz. tails:** steam 14-17 minutes; **12-14 oz. tails:** steam 16-19 minutes. Once cooked, run cold water over them. This will stop the cooking process, allow you to rinse/wash the tails, and prevent the meat from sticking to the shell.

Grilling: Preheat your grill to medium high to high heat. Wrap the thawed, uncooked tails in aluminum foil and place on the grill. Turn occasionally and cook for 8-18 minutes, until done. Use the color and texture of the meat to confirm doneness.

Premium Lobster Meat

To thaw your lobster meat place in the refrigerator overnight. Consume your lobster meat within 2 days. Lobster meat is very versatile. Before preparation please slice the bag and squeeze out the small amount of natural juices. To reheat your lobster meat, we recommend cutting into bite-sized pieces and steaming for about 1-2 minutes. Be careful as steaming too long can disrupt its delicate taste and texture.

Captain Tim’s New England Lobster Rolls

Slice open the bag of thawed lobster meat and lightly squeeze meat to remove excess natural juices. Cut your lobster meat into small, bite size chunks or your own desired size. Rinse, dry, and dice 2 stalks of celery. Combine Lobster meat and celery in a large bowl. Add enough Hellmann’s mayo and mix in to make it bond with the celery. Add salt and pepper to taste and cover. Let stand in the refrigerator for an hour, letting the flavors “season together”. Spread a bit of butter on each side of your empty lobster roll. Lightly brown the sides in a skillet or frying pan. Remove and let cool to room temp. Spoon your lobster salad into each roll. Top with lettuce, salt, and/or pepper...entirely up to you! Sit back, pop open your favorite drink, and ENJOY!!

Visit us online at www.lobsterguy.com or call Toll Free 1-866-788-0004

Steamer Clams

We try very hard to ship only *purged, clean* steamer clams, but depending on the digging location, your Fresh Native Steamers may have some sand inside (*after all, they do live in the mud!*). If you need to purge additional sand from the steamers, you will need coarse salt, cornmeal, and a small pot or plastic container. The clams will ingest the cornmeal and spit it out with the sand!

Steamer Clam Purging Instructions:

Rinse clams under cold running water and put in your pot/container. Cover with cold, salted water (1 Tbsp. per 2 qts. water). Sprinkle several tablespoons of cornmeal over the clams and set aside for 30 minutes to two hours. When you are ready to cook your steamers, please rinse them thoroughly to remove the remnant cornmeal and sand before cooking.

Steaming your Steamers:

Steam a few inches of water in your steamer pot. Add clams, cover, and steam until the shells begin to open (about 5 to 10 minutes). Please note that because of their membrane, steamer clams will not open all the way. Use a slotted spoon or tongs to remove the clams. (Reserve some of your broth) Serve clams while still hot, alongside a dish of butter and a dish of reserved broth. Remove the clam from the shell, peel off and discard the black membrane. Dunk in the broth (to rinse off any remaining sand), dunk in butter, and enjoy!

Little Neck Clams* & Mussels*

Your fresh shellfish will need to be refrigerated upon their arrival. Mussels are a more delicate shellfish and should be cooked on the day that they arrive. You may store your clams, refrigerated for an additional 1-2 days. Clams & Mussels can be enjoyed in a variety of ways. Our favorite is to steam them in a few inches of water (or beer or wine!) until they open, then serve with melted butter, salt, and pepper. This is simple and delicious!

Fresh Oysters*

Your Fresh Oysters **MUST** be kept refrigerated until you are ready to prepare and consume them! You will notice that the shell is more convex and rounded on the bottom side of the Oyster. Store oysters so that the juices will be held **right-side up** in their “**cup**”. Your Oysters can be consumed chilled on the half shell*, in your favorite Rockefeller Stew, or however you prefer! (Fresh Shellfish **Must** be kept cold, and has a shelf life of a couple of days **IF** cared for properly!)

Chowders & Bisque

(Fully thaw prior to heating)

Microwave: Cut the top of pouch and pour contents into microwave safe dish. Cover with paper towel and heat on high for 3 minutes; stir well, then heat for an additional 1-2 minutes, as needed.

Boil in Pouch: Place unopened pouch in a large pot of boiling water. Heat for 10-12 minutes, stirring occasionally. Do not allow pouch to stick to side/bottom of pot. Remove pouch, snip off corner (caution: contents will be hot) and pour into serving dish, stir and enjoy.

Shrimp

(For raw shrimp only. Thaw before cooking.)

Peel and devein the shrimp. The easiest way to start is to grasp the shell down by the legs. Once you have removed the shell (some people leave the last piece closest to the tail on for shrimp cocktail), carefully run a knife down the middle of shrimp (the side opposite where the legs were) and remove the vein. Rinse the shrimp and steam them in 1-2 inches of water until they turn pink/red. For extra flavor add a little salt, Old Bay, or dry pickling spice to the water. Cooking time varies depending on the size of the shrimp. Generally 4-7 minutes.

Lobster Macaroni & Cheese

Completely thaw your Mac & Cheese before heating. **Oven:** Preheat oven to 350 degrees. Transfer Mac & Cheese into an “oven safe” dish that is coated with a tad of butter or nonstick, and cover it with the pan’s cover or aluminum foil. Heat for approximately 12-16 minutes. Remove, stir, and it is ready to enjoy!

Microwave: Heat in its container (loosely covered) for 1 1/2-2 minutes. Remove, stir, and reheat for another 30 seconds and it is ready to serve!

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Baked Stuffed Shrimp and Stuffed Flounder

(Thaw in refrigerator before cooking)

Preheat your oven to 375 degrees, carefully remove your fish/shrimp from the container. Lightly coat your oven pan with a bit of oil, butter, or your favorite nonstick. Place your fish/shrimp in the pan, and feel free to give them a squirt of lemon. Cook shrimp approx. 15 minutes, flounder approx. 20 minutes.

Seafood Dips and Pâtés

Please keep your dip/pâté refrigerated prior to serving. You can serve it cold, or you can heat your dip in an oven safe dish. Heat in the oven at 350 for 5-6 minutes, stirring once at the halfway point. Or you can simply microwave it, on medium heat for one minute, remove, stir, and let stand for a few moments. Our dip is best served on your favorite fancy cracker. Enjoy!

North Atlantic Deep Sea Scallops

(Thaw in refrigerator before cooking)

These North Atlantic sea scallops are very versatile. They can be fried, broiled, pan seared, or baked. Enjoy them as you like them. They come to you right out of the shell, no preservatives – just great scallop flavor!

North Atlantic Calamari

(Thaw in refrigerator before cooking)

Our local calamari can be used in a wide variety of dishes! Whole calamari must be cleaned before use. Calamari tubes can be stuffed or cut into rings. Pre-cut rings can be easily used as scampi, fried, sautéed, or over pasta!

Classic Crab Cakes & Lobster Cakes

(Thaw in refrigerator before cooking)

Oven: Preheat to 350 degrees. Place in oven safe dish, dot with butter, and then bake for 8-10 minutes or until golden brown.

Deep fryer: Heat oil to 350 degrees and fry until golden brown.

Pan fry: On medium heat 3 minutes per side or until golden brown.

Stuffed Clams (“Stuffies”) or Stuffed Scallops

Preheat oven to 450 degrees. Cook on a baking sheet for 15-20 minutes. Remove from oven and serve with a dash of hot sauce or a squeeze of fresh lemon.

Seafood Salads

All of our seafood salads come fully prepared and are ready to serve. Please refrigerate prior to and after serving. Can be frozen for longer storage.

Premier Smoked Fish

Your smoked fish comes fully cooked and ready to eat! A great way to enjoy smoked fish is as an appetizer or a pâté. The choice is yours. Please keep this product dry and refrigerated until serving time.

Filet Mignons*

(Thaw meat before cooking)

We suggest cooking the filets on a charcoal or gas grill. Season the meat (we recommend a rub of olive oil, Lawry’s salt, and pepper). Preheat your grill, then place filets on it. SEAR your filets by cooking them with the cover closed for about 3 minutes per side (you can achieve those great looking grill marks by the shifting the filet 180 degrees after it has been on the grill for a few minutes!). Once SEARING is done, cook your filets with the cover open, halfway through the remaining cooking time.

These are the estimated cooking times (AFTER SEARING):

Rare: 120-130F	2-3 minutes per side
Med. Rare: 130-140F	3-4 minutes per side
Medium: 140-150F	4-5 minutes per side
Med. Well: 150-160F	6-7 minutes per side

***Please be advised that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.**

***Raw, uncooked shellfish or seafood should not be consumed by pregnant women or anyone with an underlying medical condition.**