



# Summer Box

## Cooking Tips

Bring the beach to your home with our fresh [Alaskan King Crab Legs](#) and [Lobster Tails](#)! They're so simple and speedy to prepare no matter how you choose to enjoy them.

### Storage

Keep your Crab Legs and Lobster Tails frozen until ready to use – they'll keep up to 12 months in your freezer.

### Defrosting

The best and easiest way to thaw your Crab Legs and Lobster Tails is in the refrigerator, in its packaging, or transferred to a sealed container. Lobster Tails should thaw in 24 hours and Crab Legs in about 8-12 hours. You can also defrost them in 2-3 hours in their packaging in a large bowl or pot of cold water in the sink -be sure to keep adding cold water until they're defrosted.

### Opening

The easiest way to cut open your Lobster Tails is with a set of sharp kitchen shears or a small paring knife. When enjoying your King Crab Legs you can use a nut cracker or meat mallet and small forks to remove the meat, or carefully use your kitchen shears to cut down the length of the leg.





# Summer Menu Planning

One of the best things about Oceanbox fresh seafood is how fast and easy it is to put together a full summer spread! Just a few simple accompaniments and side dishes and your meal is ready to enjoy. Have fun getting creative or try some of our classic pairings to the right.

## How To Cook Lobster Tails

Our 5 oz Lobster Tails are shipped frozen and raw but will be fully cooked in about 7-9 minutes no matter which cooking method you choose. Be careful not to overcook, which can cause your lobster to dry out and become tough. You want the lobster meat to be firm and opaque (white) throughout, not translucent and still soft. Look for an internal temperature of 140° F to know that your Lobster Tails are done.

### **GRILLING**

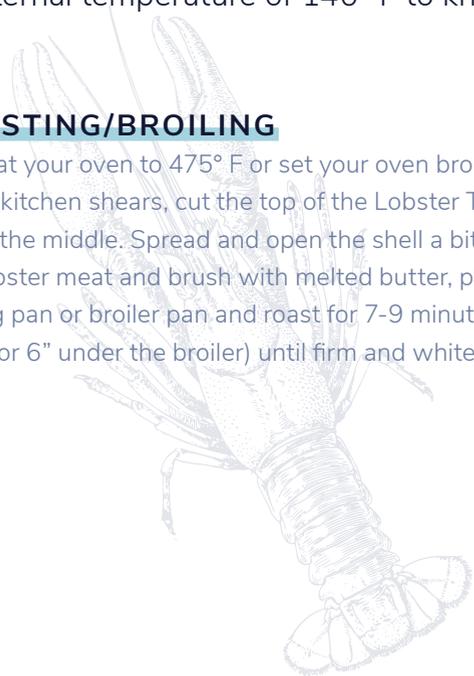
Preheat your outdoor grill on medium-high heat. Place defrosted Lobster Tails directly on the grill for 7-9 minutes to cook. You can also flip the lobster tails halfway through grilling to get grill marks on the top, just be sure to baste with some butter to keep the lobster from drying out.

### **STEAMING**

Fill a large pot 1/3 full with water and place a steamer insert or metal colander inside. Bring the water to a boil and carefully place the Lobster Tails in the steamer basket or colander. Cover and steam for 7 to 9 minutes or until the meat is opaque. Remove with tongs, cut down the center, and enjoy.

### **ROASTING/BROILING**

Preheat your oven to 475° F or set your oven broiler on high. Using kitchen shears, cut the top of the Lobster Tail shell down the middle. Spread and open the shell a bit to expose the lobster meat and brush with melted butter, place on a baking pan or broiler pan and roast for 7-9 minutes in the oven (or 6" under the broiler) until firm and white.



## Easy Accompaniments

Your cooked Oceanbox Alaskan King Crab Legs and Lobster Tails are tender, delicious, and sweet on their own. Add these garnishes to really take them over the top!

### LEMON WEDGES

### OLD BAY SEASONING

### GARLIC BUTTER FOR DUNKING

For each serving combine:

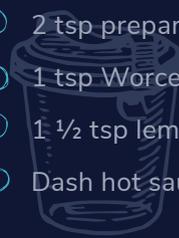
2 tbsp melted butter and ½ tsp finely minced fresh garlic (or combine 1 stick of melted butter and 2 tsp minced garlic for family style)

### PREPARED COCKTAIL SAUCE

### DIY COCKTAIL SAUCE

Mix together:

- 1 cup ketchup
- 2 tsp prepared horseradish
- 1 tsp Worcestershire sauce
- 1 ½ tsp lemon juice
- Dash hot sauce



## How To Cook Alaskan King Crab Legs

Our 8 oz Alaskan King Crab Legs arrive par cooked to speed prep. After defrosting they only need to be cooked for 6-10 minutes to be fully cooked and ready to enjoy! You'll know your crab legs are done when the shells turn orange/red (with no green or brown sections) and the crab meat is white, firm, and cooked to 140° F.

### STEAMING

Fill a large pot ⅓ full with water, place a steamer insert or metal colander inside, and bring the water to a boil. Carefully place Crab Legs on insert, cover, and steam for 6-10 minutes or until shells are bright pink and meat is hot and firm. You can also steam your Crab Legs directly from frozen! Just cook for 10-12 minutes to fully heat through.

### GRILLING

Preheat your grill over medium high heat. Brush Crab Legs with melted butter or cooking oil to keep them from sticking. Grill Crab Legs for 5 minutes per side.

### BOILING

You can also boil your Crab Legs directly in water or water seasoned with lemon, garlic, white wine, or fresh herbs to add flavor. Simply fill a large pot ¾ full of water, add optional seasonings, and bring to a boil. Add the Crab Legs and reduce to a simmer. Cook, covered for about 6-7 minutes. In a pinch you can also boil your Crab Legs straight from the freezer while still frozen – cook for 10-12 minutes to fully heat through.

### BAKING

Preheat oven to 350° and place your Crab Legs in a large shallow baking pan in a single layer. Pour a little water into the bottom of the pan (about ⅛" deep). Cover the pan with aluminum foil and bake for eight to ten minutes. You can also add seasonings to the water in the pan like lemon slices, Old Bay seasoning, fresh herbs, or garlic.



# Try these

## Easy recipe ideas

Your Lobster Tails and King Crab Legs will make the meal just served on their own with a few simple side dishes but they're also amazing added to other recipes or dishes! Some easy ideas are below – they're also a great way to use up any leftovers (if you somehow have any!)



### GAZPACHO TOPPER

Chilled summer gazpachos are a fun hot weather appetizer, made even better with a heap of cooked chilled lobster or crab meat on top!



### LOBSTER ROLLS OR CRAB SALAD

Just toss chunks of chilled cooked lobster or crab meat with a dab of mayonnaise, minced celery and onion, and optional chopped fresh dill or tarragon and lemon zest. Serve tucked into toasted buttered rolls or serve on a bed of chopped romaine with tomato, cucumber, and avocado.



### SUMMERY PASTAS

Add chunks of cooked lobster or crab to your favorite pasta in a white wine, garlic, and butter sauce. Garnish with parsley, red pepper flakes, and lemon.



### LOBSTER OR CRAB COCKTAIL

Serve chunks of chilled cooked lobster or crab with a fresh lemon wedge and cocktail sauce on the side for dipping.

## Backyard BBQ

For a classic summer spread just add a few easy side dishes to pair with your cooked Crab Legs and Lobster Tails:

- POTATO SALAD OR HOMEMADE SLAWS
- GRILLED OR BOILED CORN ON THE COB
- ROASTED BABY POTATOES

- GRILLED VEGETABLES
- GARLIC BREAD OR DINNER ROLLS

