



Presented by Caudle's Catch

LOBSTER COOKING GUIDE

We hook em', you cook em'!

Lobster Sizes Cooking Time

1 lb to 8 - 10 mins

1.25 lb in boiling water

1.26 lb to 13 - 17 mins

1.79 lb in boiling water

1.8 lb to 18 - 20 mins

2.9 lb in boiling water

3 lbs to 25 - 28 mins

4.9 lb in boiling water

5 lbs + 30 - 35 mins

in boiling water

Flip over for detailed instructions!



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Cooking Lobsters

- 1) Grab a large lobster pot and fill 1/3 of the way with hot tap water.
 - 2) Add one tsp. of sea salt per litre of water. It is very important to ensure the water has been salted for optimal lobster quality and flavour.
 - 3) Place the pot of salted water on a burner and bring to a boil.
 - 4) When the pot is at a full rolling boil, drop the lobster in head first flipping them upside down as you place each one in. If cooking more than 1, spread out the lobster around the pot so the maximum amount can be cooked. Lobsters can be loaded in until the pot is about 4/5 full. Though the lobster will be above the water level, the water will boil up around them and cook them as well as the submerged ones.
 - 5) When the pot has returned to boil cook the lobsters for the appropriate amount of time depending on their size. See reverse side for cooking times per pound.
 - 6) When the lobsters are fully cooked (according to the times on the reverse side), turn off the burner and make sure the flame is out. Using a set of tongs, remove one lobster at a time and place belly side up on a plate.
- Repeat the process until all your lobsters are cooked.

Evaluating The Lobsters

- A quick way to judge the quality of the meat is to gently pull back the tail and release. A lobster in optimal condition will have a tail that snaps back quickly into place. If the tail does not snap back quickly then that's an indication that the lobster has not been cooked properly.
- Once properly cooked, the lobster should feel "heavy" relative to its size. If the lobster feels "light" the lobster has been over-cooked & there will be very little good meat left inside.