



*Presented by Caudle's Catch*

# LOBSTER TAIL COOKING GUIDE

**Make Sure To Thaw Before Cooking**

## Broiling Instructions

Thaw quickly under running cold water. Prep the tails by inserting the point of the kitchen shears between the meat and hard shell. Clip the shell down the center, leaving the fantail intact. Do not remove the underside membrane. Gently open shell, separating it from the meat & lift the raw tail meat through the split shell.

Place membrane side up on a baking sheet for the appropriate cooking time in relation to size (see chart below).

## Boiling Instructions

Drop the lobster tail, thawed, into a large pot of boiling water with 1 tsp. of salt per each litre of water. When water returns to a boil, lower the heat and begin timing in relation to the size (see below).

## Cooking Times (From Thaw)

Tail Sizes	Broiled	Boiled
4 oz.	8 - 10 mins	3 - 4 mins
6 oz.	10 - 12 mins	4 - 5 mins
8 oz.	12 - 14 mins	6 - 7 mins
10 oz.	14 - 16 mins	7 - 8 mins



*Presented by Caudle's Catch*

# **CRAB LEG COOKING GUIDE**

How To Properly Heat Up Crab Legs

The crab legs sold here are already cooked, these instructions are meant for properly warming the crab legs that are scored & previously cooked.

## **Boiling & Steaming Instructions**

- 1. Bring the water to a boil.**
- 2. Place crabs legs in boiling water (if crab legs are too large to completely submerge in the water simply break the legs until they are completely submerged).**
- 3. Once water is brought to a boil again heat up the legs for approximately 5 - 7 minutes or until the crab legs are warm inside.**

## **Cracking Crab Legs**

Take a lobster cracker/nutcracker to shell and crack your warmed up crab legs.

Alternatively, lobster shears can also be used to cut the hard shell open with a bit of force.