



**Lobster**  
PRINCE EDWARD ISLAND

[www.lobsterpei.ca](http://www.lobsterpei.ca)

# HOW TO COOK LOBSTER

## BOILED



### DIRECTIONS:

- Use a large pot, don't crowd the lobsters!
- Generous amount of salt!
- Remove rubber bands from lobsters!
- Place head first into boiling water; bring back to boil, then reduce to simmer.

### COOKING TIME:

- 12–15 minutes or up to 20 minutes for larger lobsters.

**TIP:** try using seawater for a natural salty taste!

## STEAMED



### DIRECTIONS:

- Set steaming rack inside the pot, and then bring two inches of water to a boil.
- Place the lobsters on the rack and cover.

### COOKING TIME:

- Steam 1-lb lobsters about 10 minutes; 2-lb lobsters about 18 minutes.

## GRILLED



### DIRECTIONS:

*For something a little different, try grilling a lobster tail! Lobster tails are available fresh frozen.*

- Thaw and split down belly side.
- Brush with olive oil or melted butter and seasonings.

### COOKING TIME:

- Place meat side down on grill for 3 minutes.
- Flip, add more butter or oil and cook for another 5 minutes—yum!

### **TIP: HOW TO TELL WHEN LOBSTER IS COOKED**

- Try tugging on antennae or legs—if they pull off, your lobster is done!
- Cooked lobster meat should be firm and white, and not translucent.
- Don't overcook!
- Cooking time is determined by lobster size and not by combined weight.



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## LOBSTER FACTS

DID YOU KNOW?

1

Lobster is good for you! Low in fat and carbohydrates and high in protein, it's an excellent source of vitamin B12 and heart-healthy Omega-3.

2

The PEI lobster fishery is MSC certified sustainable. Trap design, use of biodegradable twine, and limits on the number of traps, ensure a sustainable fishery.

3

There are two sizes of PEI lobster: the smaller 'canners' and the 'market' sized lobster which weighs 1–3 pounds.

4

In PEI, fishers haul traps one at a time, and handle and measure each lobster individually, ensuring the ocean floor and the lobsters are carefully protected.

5

Lobsters have no vocal cords, therefore they do not make sounds.

6

It takes 5–7 years for a lobster to grow to 1 pound.

7

Lobsters have a pigment in their shells making them appear red when they are cooked.

8

The red part found inside some lobsters is called the roe, or the unfertilized eggs of the female.

9

Lobster traps have both a kitchen and a parlour.