



Prime

Nova Scotia

Lobster by 

cooking instructions





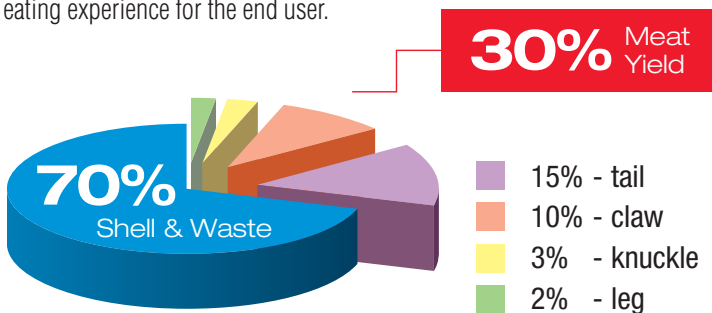
Raw Frozen Lobster



Easily enhance your menu with Nova Scotia Prime Lobster by Clearwater – raw, frozen lobster meat that delivers the same superb taste as our live, Premium Hardshell Fresh™ lobster. Available in both shell-on and shell-off varieties, our raw lobster meat is produced using a specialized high-pressure extraction system. Use Nova Scotia Prime Lobster across a variety of temperature and cook methods for versatility and ultimate convenience.

the raw advantage

The average live lobster contains approximately 30% meat, with the remaining 70% being made up of shell & waste. With Nova Scotia Prime Lobster, you're paying for only the meat, extracted from the tail, claw, knuckles and legs using a specialized High Pressure (HP) processing system. The HP process detaches the raw lobster meat from the shell and is then quick frozen within a half hour. This ensures a premium "live" lobster taste and texture, as well as a simplified eating experience for the end user.



estimated lobster yield

available formats:

Claw & Knuckle meat

Knuckle meat

Leg meat

Tail meat (*packed individually*)

Combo Pack (*Tail meat and 2 Claws*)

Split Lobster



features and benefits:

- **convenient:** no precooking or shucking required
- **portion controlled:** use and prepare only what you need
- **frozen storage:** vacuum packed for optimal freshness
- **quality:** 100% natural
- **versatile :** boil, steam, poach-in-pack, bake, grill, sauté, fry, ceviche, sous vide, carpaccio, etc.
- **appearance:** retains the same familiar look of live lobster
- **taste:** cooking with raw lobster meat maximizes lobster flavor
- **access:** year-round availability and stable pricing

defrosting

With most products, it's best to allow the lobster meat to thaw slowly and naturally overnight in the refrigerator. Individual vacuum packaging also allows for fast thawing under cold water for an hour and can be performed without compromising the product. This is great for responding to immediate demand.



Combo Pack



COOKING METHOD

POACH

- Defrost in refrigerator 36°F (2°C) for 6 hours to a maximum of 24 hours
- Bring 2 gallons (8-10) liters of water to a boil
- Place 6-8 sealed lobster pouches in boiling water, cover and remove from heat

SIZE	COOK TIME (minutes)
4-5 oz (113-142 g)	9 ½
5-6 oz (142-170 g)	10 ½
6-7 oz (170-198 g)	11 ½
7-8 oz (198-227 g)	13

NOTES:

- Do not over crowd the pot; ensure sufficient water to cover packages of lobster meat
- It is important to ensure the water temperature does not fall below 175°F (80°C) or exceed 194°F (90°C)
- Internal temperature should reach 165°F (75°C)
- Allow lobster to rest in the bag for 2 minutes before serving

COOKING METHOD

STEAM

- Defrost in refrigerator 36°F (2°C) for 6 hours to a maximum of 24 hours
- Place in 100% steam combi oven at 100°C (212°F)

SIZE	COOK TIME (minutes)
4-5 oz (113-142 g)	7
5-6 oz (142-170 g)	8
6-7 oz (170-198 g)	9 ½
7-8 oz (198-227 g)	11

NOTES:

- Internal temperature should reach 165°F (75°C)
- Allow product to rest for 2 minutes before serving
- Avoid reheating – product may become dry

Once cooked, do not store the product for more than 4 hours in package with liquid as the meat will soften.





Knuckle Meat

COOKING METHOD

POACH

- Defrost in refrigerator 36°F (2°C) for 6 hours to a maximum of 24 hours
- Bring 2 gallons (8-10) liters of water to a boil for 1 package of Raw Lobster Knuckle Meat
- Cover and cook

SIZE	COOK TIME (minutes)
8 oz (227 g)	11

NOTES:

- Do not over crowd the pot; ensure sufficient water to cover packages of lobster meat
- Internal temperature should reach 165°F (75°C)
- Allow lobster to rest in the bag for 2 minutes before serving
- It is important to ensure the water temperature does not fall below 175°F (80°C) or exceed 194°F (90°C)

COOKING METHOD

STEAM

- Defrost in refrigerator 36°F (2°C) for 6 hours to a maximum of 24 hours
- Place in 100% steam combi oven at 100°C (212°F)

SIZE	COOK TIME (minutes)
8 oz (227 g)	8 ½

NOTES:

- Serve immediately
- Avoid reheating – product may become dry

Once cooked, do not store the product for more than 4 hours in package with liquid as the meat will soften.





Claw & Knuckle Meat



COOKING METHOD

POACH

- Defrost in refrigerator 36°F (2°C) for 6 hours to a maximum of 24 hours
- Bring 2 gallons (8-10) liters of water to a boil for 1 package of Raw Lobster Knuckle Meat
- Place packages in boiling water, remove from heat

SIZE	COOK TIME (minutes)
8 oz (227 g)	12

NOTES:

- Do not over crowd the pot; ensure sufficient water to cover packages of lobster meat
- It is important to ensure the water temperature does not fall below 175°F (80°C) or exceed 194°F (90°C)
- Internal temperature should reach 165°F (75°C)
- Allow lobster to rest in the bag for 2 minutes before serving

COOKING METHOD

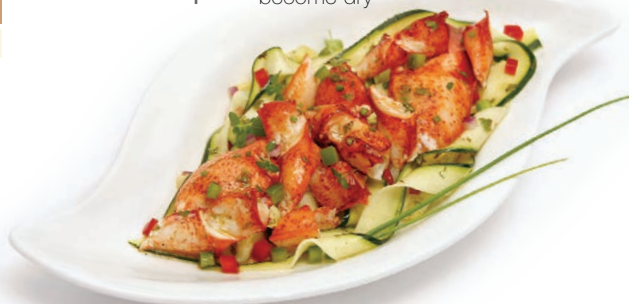
STEAM

- Defrost in refrigerator 36°F (2°C) for 6 hours to a maximum of 24 hours
- Place in 100% steam combi oven at 100°C (212°F)

SIZE	COOK TIME (minutes)
8 oz (227 g)	11

NOTES:

- Internal temperature should reach 165°F (75°C)
- Allow product to rest for 2 minutes before serving
- Avoid reheating – product may become dry



Once cooked, do not store the product for more than 4 hours in package with liquid as the meat will soften.



Leg Meat

COOKING METHOD

POACH

- Defrost in refrigerator 36°F (2°C) for 6 hours to a maximum of 24 hours
- Bring 2 gallons (8-10) liters of water to a boil for 1 package of Raw Lobster Knuckle Meat
- Place packages in boiling water, remove from heat

SIZE	COOK TIME (minutes)
8 oz (227 g)	8

NOTES:

- Do not over crowd the pot; ensure sufficient water to cover packages of lobster meat
- It is important to ensure the water temperature does not fall below 175°F (80°C) or exceed 194°F (90°C)
- Internal temperature should reach 165°F (75°C)
- Allow lobster to rest in the bag for 2 minutes before serving

COOKING METHOD

STEAM

- Defrost in refrigerator for 2.5 - 3.5 hours
- Place in 100% steam combi oven at 100°C (212°F)

SIZE	COOK TIME (minutes)
8 oz (227 g)	6

NOTES:

- Serve immediately
- Avoid reheating – product may become dry



Once cooked, do not store the product for more than 4 hours in package with liquid as the meat will soften.



Cocktail Claws

COOKING METHOD

POACH

- Defrost in refrigerator 36°F (2°C) for 6 hours to a maximum of 24 hours
- Bring to a boil: 2 gallons (8 liters) of salted water (1 tbsp of salt per liter), ½ cup lemon juice or ½ cup dry white wine
- Place claws in boiling water, remove from heat, cover
- Remove from water and serve immediately

NOTES:

- Avoid reheating – product may become dry

SIZE	COOK TIME (minutes)
1.5-2 oz (43-57 g)	5 ½
2-3 oz (57-85 g)	6 ½
3-4 oz (85-113 g)	8

COOKING METHOD

BAKE

- Defrost in refrigerator 36°F (2°C) for 6 hours to a maximum of 24 hours
- Brush with olive oil and season
- Set Combi Oven at 350°F (175°C) with low fan speed and 10% steam for 10 ½ minutes

COOKING METHOD

STEAM

- Defrost in refrigerator (36°F (2°C) for 6 hours to a maximum of 24 hours
- Heat in sauté pan: 2 tbsp canola oil, 2 tbsp butter, 1 minced shallot, 2 tbsp minced fennel (or 10 fennel seeds), ½ clove garlic minced
- Add claws and toss in mixture, add ½ cup dry white wine or the juice from ½ lemon, bring back up to a simmer
- Cover and steam on low heat

NOTES:

- Avoid reheating – product may become dry

SIZE	COOK TIME (minutes)
1.5-2 oz (43-57 g)	5 ½
2-3 oz (57-85 g)	6 ½
3-4 oz (85-113 g)	8



Once cooked, do not store the product for more than 4 hours in package with liquid as the meat will soften.



Tail Meat

COOKING METHOD POACH

- Defrost in refrigerator 36°F (2°C) for 6 hours to a maximum of 24 hours
- Bring 2 gallons (8-10) liters of water to a boil
- Place in lobster tails (in sealed pouches) and remove from heat

SIZE	COOK TIME (minutes)
2-3 oz (56 - 85 g)	9 ½
3-4 oz (86 - 113 g)	10 ½
4-6 oz (113 - 170 g)	12
6-8 oz (170 - 227 g)	17

NOTES:

- Do not over crowd the pot; ensure sufficient water to cover packages of lobster meat
- It is important to ensure the water temperature does not fall below 175°F (80°C) or exceed 194°F (90°C)
- Internal temperature should reach 165°F (75°C)
- Allow lobster to rest in the bag for 2 minutes before serving
- If planning to reheat the lobster for another application - cool the package as fast as possible after cooking and then remove the lobster from the package. Reheat the lobster meat gently on low heat

COOKING METHOD STEAM

- Defrost in refrigerator 36°F (2°C) for 6 hours to a maximum of 24 hours
- Place in 100% steam combi oven at 100°C (212°F)

SIZE	COOK TIME (minutes)
2-3 oz (56 - 85 g)	6 ½
3-4 oz (86 - 113 g)	9
4-6 oz (113 - 170 g)	11
6-8 oz (170 - 227 g)	15

NOTES:

- After thawed, use immediately for best results
- Internal temperature of 165°F (75°C) could be programmed and set by probe in combi oven

Once cooked, do not store the product for more than 4 hours in package with liquid as the meat will soften.





Split Lobster



PREPARATION INSTRUCTIONS: Quarters

- Defrost in refrigerator 36°F (2°C) for 6 hours to a maximum of 24 hours

STORAGE INSTRUCTIONS: Quarters

Uncooked: Keep stored at 34°F (3°C) for 2-3 days maximum

Cooked: Cooked lobster should be refrigerated and consumed within 24 hours

COOKING METHOD

COMMERCIAL STEAMER

- 212°F (100°C)
- Thawed

WEIGHT	COOK TIME (minutes)
7-8.5 oz (200-240 g)	6 ½

FOOD SERVICE:

- Remove thawed split lobster from package
- Place in steamer for 6 ½ minutes
- Serve immediately

(See the following page for more ...)



Once cooked, do not store the product for more than 4 hours in package with liquid as the meat will soften.



Split Lobster (continued)



COOKING METHODS

POACH:

- Defrost in refrigerator 36°F (2°C) for 6 hours to a maximum of 24 hours
- Remove thawed split lobster from package
- Poach, covered at 195°F (90°C) for 10 ½ minutes

WEIGHT	PORTION TYPE
5.4-7 oz (154-200 g)	Chix
7-8.5 oz (200-240 g)	Quarters

BOIL:

- Place frozen lobster in package into 210°F (99°C) water
- Cook, covered for 15 minutes

BAKE:

- Defrost in refrigerator 36°F (2°C) for 6 hours to a maximum of 24 hours
- Remove thawed split lobster from package
- Brush with lobster olive oil and season with salt & pepper
- In oven proof dish, flesh side up, bake at 425°F (218°C) for 9 minutes

NOTES:

- 5 packages maximum
- Allow to rest in pack for 2 minutes after removed from water

NOTES:

- Avoid reheating – product may become dry

SAUTÉ:

- Defrost in refrigerator 36°F (2°C) for 6 hours to a maximum of 24 hours
- Remove from package, season with salt & pepper and add Canola oil to pan
- Place flesh side down over low heat, cook for 2 minutes
- Turn and finish shell side down for 4 minutes

Once cooked, do not store the product for more than 4 hours in package with liquid as the meat will soften.





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