



CLEARWATER LOBSTER

Clearwater's Premium Hardshell Fresh™ Lobster originates from the pristine waters of the Canadian North Atlantic. Harvested when energy levels are highest, meat content is at a maximum and shells are hardest, yielding up to 50% more meat than soft shell lobster. Advanced technology and storage systems ensure our customers receive only the finest, fully-meated lobster year-round.



HOW TO EAT LOBSTERS

Just follow these simple steps to get the most in taste variety and satisfaction from every mouth-watering bite!



Grasp the body and twist off the large front legs and claws. Separate the claw from the knuckle.



Break the hinged part off the claw and remove the meat with a fork or pick. Crack the claw with lobster crackers. Be careful to crack the shell only and not damage the meat inside. Knuckle meat can be removed with a lobster fork.



Twist the tail away from the body.



Cut the tail on both sides or grasp it tightly and squeeze until it cracks. Snap off the tail flippers.



Push out the meat in one piece. Peel back the flap on the upper side of the tail piece to expose the vein. Remove and discard the vein.



Unhinge the back from the body and remove the green tomalley. The red roe of a female lobster is extremely tasty and considered a delicacy.



Open the main body section by cracking it apart. The delicious meat in this section can be dug out with a fork or pick. Discard the dark sac located between the eyes (since this is not edible). Twist the walking legs from the body. Clench between teeth and nibble meat from legs. The same method can be used to extract meat from tail flippers.

COOKING LOBSTERS

PREPARING WHOLE FRESH LOBSTER

Lobster lovers will tell you the best way to prepare and eat this delicious crustacean is whole! And, there are several cooking methods to do this, each offering unique taste experiences.

Whole lobster (cooked any way) is usually eaten with melted butter for dipping, accompanied with salad or steamed vegetables.



PREPARATION INSTRUCTIONS



TRADITIONAL BOILED LOBSTER

In a large pot, bring 2 litres (½ gallon) of water per pound of lobster to a boil. The maximum water level should not exceed half of the pot to account for the lobster and boiling water. Add ½ cup of sea salt/kosher salt per 4 litres or 1 gallon of water. Carefully add lobsters headfirst into the water. Cover. When the water returns to a boil, set a timer according to the Cooking Guide provided, or set the temperature to 78°C (172°F). To avoid overcooking, only similarly sized lobsters should be cooked together. If there are various sizes in the pot, base the cooking time on the largest lobster to ensure that it is cooked.

If desired, a flavourful court bouillon may be prepared by adding any combination of carrots, onions, parsley, celery, seasonings and white wine vinegar or lemon juice to the water and allow to simmer for 2 to 3 minutes prior to adding lobsters.

STEAMED

To set up a steamer, add approximately 2 inches of water to a large pot and place a steam rack into the pot. You may use other heat-proof items to elevate the lobster above the water, such as a sieve or even the lid of a smaller pot. Bring the water to a rolling boil and place the lobsters on top of the rack. Cover with a lid and set a timer according to the Cooking Guide provided.

Steamed lobsters may require more time, but the gentle cooking method will yield a more tender and juicy lobster with less chance of overcooking. However, steaming does not impart the desired saltiness that boiling in salted water provides.



Chefs Note: When cooking larger lobsters, the tail often finishes cooking before the body and the claws. To remedy this, we suggest removing the lobster 3 minutes before the time provided. The tail is to be separated from the rest of the body and reserved. Return the body and the claws to the pot and resume cooking for the remaining 3 minutes. This is NOT necessary but it will yield the best and most even results.

HOW DO I KNOW WHEN THE LOBSTER IS COOKED?

Lobsters will turn their characteristic bright red colour well before the meat is thoroughly cooked inside.

- Tug on an antennae or pull off one of the small walking legs. They both will come off easily when the lobster is done.
- The meat inside will be firm, white and opaque.
- The tomalley, which fills much of the body cavity, will be green.
- The roe in female lobsters will be bright red and firm. If it is a darkish black, with an oily tar-like consistency, the lobster is undercooked.
- The internal temperature will be 180°F (80°C).

If the lobsters will not be eaten right away, they must be cooled quickly in ice-water. Drain the chilled lobsters, cover and keep refrigerated. You can keep cooked lobsters in your refrigerator for 1 to 2 days.



BROILED

**This method uses a 1 ½ lb pre-cooked lobster after chilling.*

Split a cooked lobster in half lengthwise. Remove and discard the vein running down the tail and the small sac located behind the eyes. Crack the claws with a lobster cracker or the back of a knife.

Brush the lobster with melted butter or basting sauce to keep the meat moist and tender.

Place on a broiler pan and broil, shell side up, for 5 minutes, then flip and baste with butter and broil for another 3 minutes, or just until the lobster is heated through. Be careful not to overcook.

GRILLED

**This method uses a 1 ½ lb pre-cooked lobster after chilling.*

Split a cooked lobster in half lengthwise. Remove and discard the vein running down the tail and the small sac located behind the eyes. Crack the claws with a lobster cracker or the back of a knife.

Brush the lobster with melted butter or basting sauce to keep the meat moist and tender.

Place directly on the grill, meat side down, for 3 minutes, then flip and baste with butter. Cover the lobster with a metal bowl or close the lid on the grill and cook for another 5 minutes, or just until the lobster is heated through. Be careful not to overcook.

RE-HEATING

To re-heat cooked lobster, simply steam in 1 inch of boiling water in a heavy bottom, covered pot for 3 minutes for a 1 ¼ pound lobster (increase time by 30 seconds per pound over 1 ¼ pounds). To re-heat by boiling method, place lobster into boiling water for 3 minutes for a 1 ¼ pound lobster (increase time by 30 seconds per pound over 1 ¼ pounds). For Grilling or Boiling, see Cooking Guide.

COOKING GUIDE

METHOD	AMOUNT	TIME	
Boiled	1 lb	8-9 min	
	1 ½ lb	9-11 min	
	2-3 lb	18-20 min	
	3 ½-5 lb	20-25 min	
Steamed	1 lb	11 min	
	1 ½ lb	12 - 14 min	
	2-3 lb	20 - 23 min	
	3 ½-5 lb	24 - 29 min	
<i>Tails</i>	each	11 min	
Grilled	<i>Whole*</i>	1-1 ½ lb	3 min, flip, 5 min
	<i>Tails</i>	each	4 min, flip, 7 min
	Broiled	<i>Whole*</i>	1-1 ½ lb
<i>Tails</i>	each	6 min, flip, 5 min	

**These cooking times are based on starting with an already cooked lobster.*



Chefs Note: Any size lobster can be broiled, however the best results are when using this size. For larger lobsters, 1 minute per ½ lb should be added to the broil time.



PREPARING AND COOKING LOBSTER TAILS

Defrost lobster tails. Cut the underside of the shell lengthwise with shears.

NOTHING WASTED

Pound for pound, Clearwater lobsters offer you value that can't be beaten. Every part of a lobster can be utilized except the small dark sac between the eyes and the vein running down the back of its tail.

LOBSTER ROE

The eggs often found in female lobsters are called lobster roe. They are bright red and firm when cooked and are considered a gourmet delicacy. Here's a quick and easy recipe designed to make almost any meal more Roe-mantic!

LOBSTER ROE BUTTER

¼ cup	Butter, softened	50 ml
1 tbsp	Lobster roe, cooked	15 ml
1 tsp	Fresh parsley, minced	5 ml
¼ tsp	Salt	1 ml

Mix all ingredients. Chill. Serve as a tasty topping on broiled or grilled lobster, fish steaks and fillets.

LOBSTER SHELLS

Shells are to lobsters what bones are to other animals. Like soup bones, they can serve as the basis of delicious broths and bases. Use them in stocks to add colour and flavour to sauces, stews and bisques.

LOBSTER STOCK

Simply simmer lobster shells with onions, carrots, celery and seasonings in water for approximately 30 minutes. Strain. Reserve liquid.

BROILED

Place tails on a broiler pan ensuring the tails are in a single layer, shell-side-up and cook 4 inches from heat source for 7 minutes.

Remove from broiler, turn tails over, brush with melted butter and seasoning, or a basting sauce. Broil for another 4 minutes or until internal temperature reaches 78°C (172°F).

GRILLED

Baste prepared tails and place meat side down directly onto the grill and grill for 4 minutes. Baste again, turn tails over and cover with a metal bowl or close the lid of the grill. Cook for another 7 minutes, or until internal temperature reaches 78°C (172°F).

STEAMED

To set up a steamer, add approximately 2 inches of water to a large pot and place a steam rack into the pot. You may use other heat-proof items to elevate the lobster tails above the water. Bring the water to a rolling boil and place the lobster tails on top of the rack. Cover with a lid and set a timer according to the Cooking Guide provided.

Steamed lobster tails may require more time, but the gentle cooking method will yield a more tender and juicy lobster with less chance of overcooking.

PREPARING AND SERVING LOBSTERS



Everyone knows how delicious lobster is, but were you aware of how good lobster is for you? Nutrition-wise, lobster is a valuable low-fat source of protein, calcium, zinc, phosphorus and a good source of vitamin B12. Lobster is lower in cholesterol than you may think. In fact, lobsters contain Omega-3's, fatty acids that researchers believe may actually fight cholesterol build-up, reducing the risk of heart disease.

HOW MUCH DO I NEED?

A 1 lb (454 g) whole lobster yields about 1/4 lb (114 g) of lobster meat. A 1-2 lb (454 g - 908 g) whole lobster serves one person. But you probably won't be able to stop at just one!

STORING LOBSTER

Clearwater Lobster is the most sought after lobster in the world. One of the great things about it is that it stores and keeps easily.

LIVE

- For maximum fresh-flavour, cook and serve lobsters as soon as possible after you receive your order.
- Lobsters should always be kept cool and moist at 37-41°F (3°-5°C).
- Store refrigerated, covered with a layer of wet newspaper, for no more than 12 hours.
- Do not store live lobsters on ice or in fresh or salted water.



COOKED

- Keep refrigerated for 1-2 days.
- Store cooked lobsters on their backs to keep in the juices.



HELPFUL TIPS FOR PREPARING, SERVING AND EATING LOBSTER

PREPARING LOBSTER

- Lobsters may be partially prepared to make them easier to consume prior to serving by pre-cracking the claws and by splitting the lobster and removing the stomach.

EATING LOBSTER

- After the body shell has been removed, the only inedible part in the body cavity of the cooked lobster is the stomach. This is located toward the front of the body cavity and resembles a sac.
- The only other unpalatable parts are the shell, gills, intestine and eyes.
- The tail meat of female lobsters is edible.

SERVING THE PERFECT LOBSTER DINNER

- Hot lobster is traditionally served with hot, melted butter. To keep the butter hot during the meal, it's best to serve it in pre-heated heavy walled ceramic dishes or butter pots heated with tea lights.
- Scatter butter cups at strategic points around the table for easy reaching and dipping.
- Place a large empty bowl on the table. As the lobsters are cracked, just toss the shells into the bowl.
- Don't forget lobster bibs – for the adults too!
- Make sure you have enough lobster crackers and forks to go around.
- Offer guests warm, moistened finger towels or finger bowls as they crack their lobster.
- Fresh cooked lobsters may also be served chilled with a mayonnaise, or other cold seafood sauce for dipping.



Lobster Nutrition Facts

Serving Size 3.5 oz (100 g)

Amount Per Serving

Calories 70

Total Fat 0.4 g

Saturated Fat 0 g

Trans Fat 0 g

Cholesterol 95 mg

Sodium 410 mg

Total Carbohydrate 1 g

Protein 15 g

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