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FISHING  
SINCE 1976



# NORWAY LOBSTER TAIL MEAT CLUSTERS

RECIPE BOOK



# NORWAY LOBSTER TAIL MEAT CLUSTERS

Also commonly known as Langoustine, Clearwater's Norway Lobster originates from the cold, clear waters of the North Atlantic and is prized for its delicate flesh and sweet, succulent taste.

Norway Lobster tails are shelled and individually quick frozen (IQF) into easy-to-use clusters of tail meat. Clusters are made with up to three small tails, varying in size and color, from pink to brownish hues.



## FEATURES AND BENEFITS

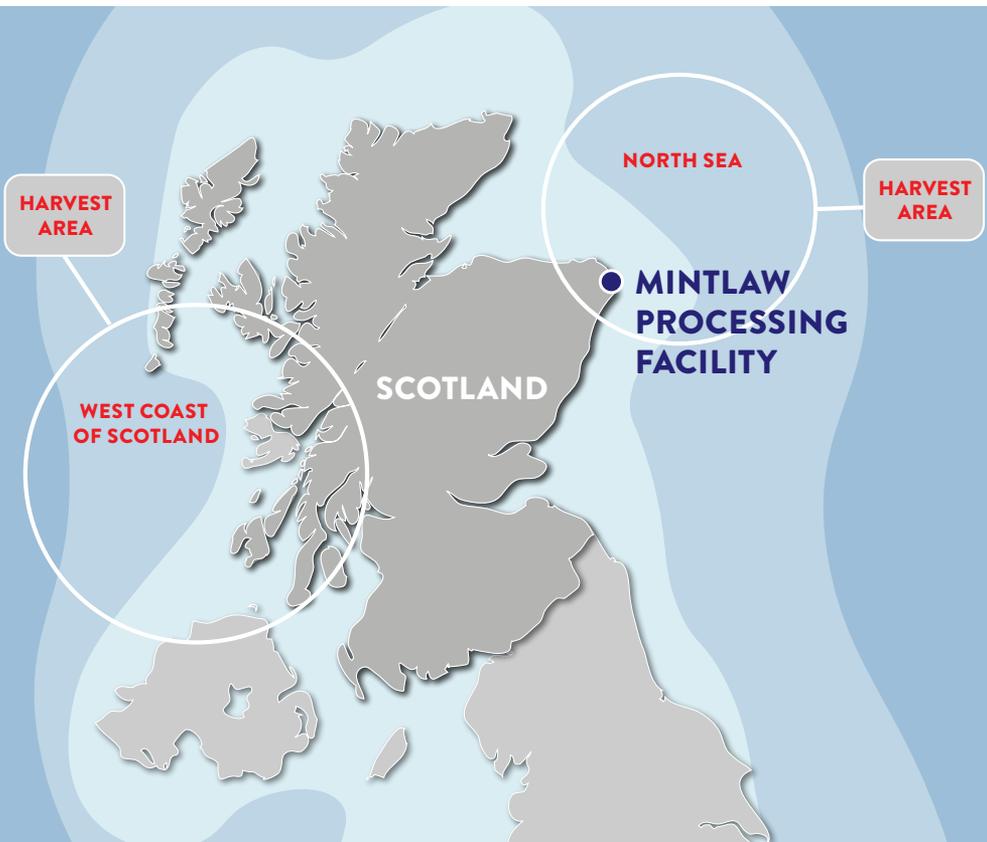
- Cost effective option for adding lobster to menu
- Individually quick frozen (IQF) – use and prepare only what is needed
- Wild harvested from a well-managed fishery
- Consistent year-round supply and availability



# HARVESTING AND PROCESSING

Clearwater Norway Lobster is primarily harvested from the West Coast of Scotland and the North Sea. Live product lands on the west coast where smaller boats typically fish for only 24 to 48 hours at a time. On the east coast, boats fish for longer, usually harvesting 5 to 7 days at a time with the bulk of product landing fresh under ice.

After landing at ports surrounding the UK, product is unloaded and packed onto refrigerated trucks for delivery to Clearwater's processing facility in Mintlaw.



## IN THE KITCHEN

Norway Lobster Tail Meat Clusters are highly versatile and can be used as an anchor for main dishes in pastas, risottos or sautés; as toppers over salad, steak or fish entrées; or battered and deep-fried for a more casual application. Their IQF format allows chefs to prepare only what they need, resulting in better cost and inventory control.



## SUGGESTED SERVINGS

- Great alternative for crab, North Atlantic Lobster or shrimp
- Appetizers - Norway Lobster cakes, corn dogs, lettuce wraps, dips
- Topping for steak, pizza, salad and fish entrées
- Anchor a main dish - sautés, risottos or pasta
- Brunch – eggs benedict, omelet, fish cakes

# PREPARATION



## COOKING METHODS



### STEAM

Lay out frozen Norway Lobster Tail Meat Clusters in a single layer on a pan. Steam for 6 minutes, or until the middle of the cluster is opaque (145°F). Strain and keep cold until use.



### POACH

Use 3 parts liquid to 1 part Clearwater Norway Lobster Tail Meat Clusters. Bring poaching liquid or stock to a boil, then reduce heat to medium low. Add in frozen Norway Lobster Tail Meat Clusters and poach until the center is opaque (145°F). Strain and keep cold until use.



### FORM

Portion frozen Norway Lobster Tail Meat Clusters into muffin pans or using a cookie cutter (3 clusters is equivalent to 1 oz). Allow Norway Lobster Tail Meat Clusters to defrost and soften, then press down to form shape. Re-freeze until ready to use.



## DEFROST

We recommend cooking Norway Lobster Tail Meat Clusters from frozen. They can also be defrosted by transferring the desired amount of product into a clean container to thaw. Store in a refrigerated environment (32°- 40°F) to defrost. Norway Lobster Tail Meat Clusters should be thawed within three hours and stored for a maximum of 24 hours.

## STORAGE

Norway Lobster Tail Meat Clusters should be stored frozen at 0° F (-18° C) or lower. Once cooked, Norway Lobster Tail Meat Clusters can be stored in a clean container in the refrigerator for up to 48 hours.



# NORWAY LOBSTER TACOS

## INGREDIENTS

<b>9 clusters</b>	<b>3 oz</b>	Norway Lobster Tail Meat Clusters, steamed
<b>3 each</b>		6" Flour Tortillas
<b>½ cup</b>	<b>4 oz</b>	Red Cabbage slaw
<b>1 tbsp</b>	<b>0.5 oz</b>	Fennel, shaved
<b>¼ cup</b>	<b>2 oz</b>	Orange Juice
<b>1 tbsp</b>	<b>0.5 oz</b>	Sour Cream
<b>1 tbsp</b>	<b>0.5 oz</b>	Salsa
<b>Garnish</b>		Parsley, chopped

## DIRECTIONS

### For the steamed Norway Lobster Tail Meat Clusters:

Lay out frozen Norway Lobster Tail Meat Clusters in a single layer on a pan. Steam for 6 minutes, or until the middle of the cluster is opaque (145°F). Strain and keep cold until use.

### For the tacos:

On a griddle, warm flour tortillas. In a bowl, combine cabbage slaw with steamed Norway Lobster Tail Meat Clusters, orange juice and shaved fennel. Using a taco stand, fill flour tortillas with Norway Lobster mixture. Top with salsa and sour cream and garnish with chopped parsley. Serve.

*Makes 3 Tacos*



# NORWAY LOBSTER CAKES

## INGREDIENTS

<b>¾ lb</b>	<b>6 oz</b>	Norway Lobster Tail Meat Clusters, steamed
<b>6 tbsp</b>	<b>3 oz</b>	Mayonnaise
<b>1 large</b>	<b>2.25 oz</b>	Egg, whole
<b>2 tbsp</b>	<b>1 oz</b>	Dijon Mustard
<b>2 tsp</b>	<b>0.3 oz</b>	Worcestershire Sauce
<b>⅓ cup</b>	<b>3 oz</b>	Panko Breadcrumbs

## DIRECTIONS

### For the steamed Norway Lobster Tail Meat Clusters:

Lay out frozen Norway Lobster Tail Meat Clusters in a single layer on a pan. Steam for 6 minutes, or until the middle of the cluster is opaque (145°F). Strain and keep cold until use.

### For the cakes:

Mix steamed Norway Lobster Tail Meat Clusters with mayonnaise, eggs, Dijon mustard, Worcestershire sauce and breadcrumbs. Season with salt and black pepper. Form into 3 oz cakes and fry in deep fryer at 375°F for three minutes until golden brown. Drain on paper towel to remove excess oil. Serve with additional sauce of your choice.

*Makes 8 Norway Lobster Cakes*



## NORWAY LOBSTER DIP

### INGREDIENTS

<b>¼ lb</b>	<b>4 oz</b>	Norway Lobster Tail Meat Clusters, steamed
<b>½ lb</b>	<b>5 oz</b>	Cream Cheese, cut into small pieces
<b>3 tbsp</b>	<b>1.5 oz</b>	Milk, 2%
<b>1 tsp</b>	<b>0.15 oz</b>	Salt
<b>½ tsp</b>	<b>1 pinch</b>	Black Pepper, ground
<b>1 tbsp</b>	<b>0.5 oz</b>	Medium Cheddar, shredded
<b>1 cup</b>	<b>8 oz</b>	Tortilla Chips

### DIRECTIONS

#### For the steamed Norway Lobster Tail Meat Clusters:

Lay out frozen Norway Lobster Tail Meat Clusters in a single layer on a pan. Steam for 6 minutes, or until the middle of the cluster is opaque (145°F). Strain and keep cold until use.

#### For the dip:

Bring milk to a boil and combine with cream cheese, salt and black pepper. Fold in steamed Norway Lobster Tail Meat Clusters and pour into a separate baking dish or bowl. Top with cheddar cheese and bake at 350°F to warm through and until cheese is melted and golden brown. Serve with tortilla chips.

*Serves 2 as an appetizer*



# NORWAY LOBSTER WEDGE SALAD

## INGREDIENTS

<b>8 pieces</b>	<b>2.5 oz</b>	Clearwater Norway Lobster Tail Meat Clusters, poached
<b>1/8 head</b>	<b>2 wedges</b>	Iceberg Lettuce Wedge
<b>1 tbsp</b>	<b>0.5 oz</b>	Cocktail Sauce
<b>1 tbsp</b>	<b>0.5 oz</b>	Mayonnaise
<b>1/2 tbsp</b>	<b>0.25 oz</b>	Bacon Fat
<b>1 tbsp</b>	<b>0.5 oz</b>	Caesar Dressing
<b>2 strips</b>	<b>1 oz</b>	Bacon, chopped

## DIRECTIONS

### For the poached Norway Lobster Tail Meat Clusters:

Use 3 parts liquid to 1 part Clearwater Norway Lobster Tail Meat Clusters. Bring poaching liquid or stock to a boil, then reduce heat to medium low. Add in frozen Norway Lobster Tail Meat Clusters and poach until the center is opaque (145°F). Strain and keep cold until use.

### For the wedge salad:

Cut iceberg lettuce head into 1/6 wedges and remove the core. In a bowl, mix together cocktail sauce, mayonnaise, bacon fat and Caesar dressing. Drizzle iceberg lettuce wedge with creamy cocktail dressing. Garnish with bacon and poached Clearwater Norway Lobster Tail Meat Clusters.

*Serves 1 as an appetizer*



# NORWAY LOBSTER SLIDER AND NORWAY LOBSTER SURF & TURF SLIDER

## INGREDIENTS

<b>3 patties</b>	<b>3 oz</b>	Clearwater Norway Lobster Tail Meat Clusters, 1 oz formed patties
<b>3 patties</b>	<b>3 oz</b>	Ground Beef, 1 oz formed patties (optional)
<b>3 each</b>		Slider Buns
<b>1 tbsp</b>	<b>0.5 oz</b>	Iceberg Lettuce, shredded
<b>½ tbsp</b>	<b>0.25 oz</b>	Mayonnaise
<b>2 tbsp</b>	<b>1 oz</b>	Cajun Butter

## DIRECTIONS

### For the formed Norway Lobster Tail Meat Clusters:

Portion frozen Norway Lobster Tail Meat Clusters into muffin pans or using a cookie cutter (3 clusters is equivalent to 1 oz). Allow Norway Lobster Tail Meat Clusters to defrost and soften, then press down to form shape. Re-freeze until ready to use.

### For the sliders:

Toast slider buns with Cajun butter. Apply mayonnaise to bottom of bun. Top with shredded iceberg lettuce, Norway Lobster Tail Meat Cluster patty and optional ground beef patty. Place top bun and secure with a pick. Serve on a plate with three sliders.

*Serves 1 as an entrée if paired with a side*



# NORWAY LOBSTER GRIDDLED CHEESE

## INGREDIENTS

<b>1 patty</b>	<b>3 oz</b>	Clearwater Norway Lobster Tail Meat Clusters, 3 oz formed patties
<b>2 slice</b>		White Bread
<b>2 tbsp</b>	<b>1 oz</b>	Cajun Butter
<b>2 tbsp</b>	<b>1 oz</b>	Cheddar Cheese, shredded

## DIRECTIONS

### For the formed Norway Lobster Tail Meat Clusters:

Portion frozen Norway Lobster Tail Meat Clusters into square cookie cutter (9 clusters is equivalent to 3 oz). Allow Norway Lobster Tail Meat Clusters to defrost and soften, then press down to form shape. Re-freeze until ready to use.

### For the griddled cheese sandwich:

On a griddle, toast bread with half of the Cajun butter. Cook Norway Lobster Tail Meat Cluster patty with Cajun butter until opaque in the middle and golden brown in colour. Sprinkle shredded cheddar cheese on patty. Sandwich patty between the two slices of Cajun toast. Serve.

*Serves 1 as an entrée*



# NORWAY LOBSTER PIZZA

## INGREDIENTS

<b>9 pieces</b>	<b>3 oz</b>	Clearwater Norway Lobster Tail Meat Clusters, defrosted
<b>1 tbsp</b>	<b>0.5 oz</b>	Cajun Butter
<b>8" pizza</b>		Pizza Dough
<b>4 tbsp</b>	<b>2 oz</b>	Pizza Sauce
<b>½ cup</b>	<b>3 oz</b>	Mozzarella Cheese, shredded

## DIRECTIONS

### For the defrosted Norway Lobster Tail Meat Clusters:

Transfer desired amount of frozen Norway Lobster Tail Meat Clusters into a clean container to thaw. Store in a refrigerated environment (32°- 40°F) to defrost. Product should be thawed within three hours and stored for a maximum of 24 hours.

### For the pizza:

Melt Cajun butter and mix into thawed Norway Lobster Tail Meat Clusters. Roll out dough and assemble pizza with sauce and mozzarella cheese. Top with thawed Norway Lobster Tail Meat Clusters and Cajun butter mixture. Bake in oven at 350°F until dough is fully cooked and top is golden brown in colour. Serve.

*Serves 1 as an entrée*



## SPICY NORWAY LOBSTER BITES

### INGREDIENTS

½ lb	8 oz	Norway Lobster Tail Meat Clusters, steamed
½ cup	4 oz	Flour
½ cup	4 oz	Cornstarch
1 tsp	0.15 oz	Baking Powder
½ tsp	0.1 oz	Baking Soda
½ tsp	0.1 oz	Salt
1 each		Egg
1¼ cup	10 oz	Water
¼ cup	2 oz	Sweet Thai Chili Sauce

### DIRECTIONS

#### For the steamed Norway Lobster Tail Meat Clusters:

Lay out frozen Norway Lobster Tail Meat Clusters in a single layer on a pan. Steam for 6 minutes, or until the middle of the cluster is opaque (145°F). Strain and keep cold until use.

#### For the spicy Norway Lobster bites:

Combine flour, cornstarch, baking powder, baking soda, salt, eggs and water to make batter. Dip clusters in batter and fry in a deep fryer at 350°F until golden brown. Drain on paper towel to remove excess oil. Serve with sweet Thai chili sauce.

*Serves 2 as an appetizer*



## NORWAY LOBSTER BREAKFAST BLT

### INGREDIENTS

<b>6 pieces</b>	<b>2 oz</b>	Clearwater Norway Lobster Tail Meat Clusters, steamed
<b>1 tbsp</b>	<b>0.5 oz</b>	Cheddar Cheese, shredded
<b>1 each</b>	<b>2 oz</b>	Egg, beaten
<b>1 each</b>		Dinner Roll, white
<b>1 tbsp</b>	<b>0.5 oz</b>	Cajun Butter
<b>2 tbsp</b>	<b>1 oz</b>	Iceberg Lettuce, shredded
<b>3 slices</b>	<b>1 oz</b>	Roma Tomatoes, sliced
<b>2 slices</b>	<b>½ oz</b>	Bacon Strips
<b>1 tbsp</b>	<b>0.5 oz</b>	Mayonnaise

### DIRECTIONS

#### For the steamed Norway Lobster Tail Meat Clusters:

Lay out frozen Norway Lobster Tail Meat Clusters in a single layer on a pan. Steam for 6 minutes, or until the middle of the cluster is opaque (145°F). Strain and keep cold until use.

#### For the BLT sandwich:

On a griddle, toast bread with half of the Cajun butter. Using a silicone or metal ring mould, add in remaining Cajun butter, steamed Norway Lobster Tail Meat Clusters, cheddar cheese and whole egg. Cover with a metal mixing bowl for three minutes to fully cook the egg. Remove cover and slide off the ring mould. Spread mayonnaise on bottom bun and build sandwich with shredded iceberg lettuce, tomato slices and bacon strips. Top with Norway Lobster egg patty and serve.

*Serves 1 as an entrée*



## NORWAY LOBSTER LETTUCE WRAPS

### INGREDIENTS

<b>3 clusters per wrap</b>	<b>6 oz</b>	Norway Lobster Tail Meat Clusters, steamed
<b>¼ cup</b>	<b>2 oz</b>	Onions, julienned, steamed
<b>¼ cup</b>	<b>2 oz</b>	Red Peppers, julienned, steamed
<b>¼ cup</b>	<b>2 oz</b>	Celery, julienned, steamed
<b>1 tbsp</b>	<b>0.5 oz</b>	Green Onions, chopped
<b>2 tbsp</b>	<b>1 oz</b>	Orange Juice
<b>1 head or 6 whole leaves</b>		Iceberg Lettuce

### DIRECTIONS

#### For the steamed Norway Lobster Tail Meat Clusters:

Lay out frozen Norway Lobster Tail Meat Clusters in a single layer on a pan. Steam for 6 minutes, or until the middle of the cluster is opaque (145°F). Strain and keep cold until use.

#### For the lettuce wraps:

Combine steamed vegetables, toss with orange juice and season with salt and pepper. Place steamed Norway Lobster Tail Meat Clusters on the inside of the lettuce with vegetable mix. Garnish with green onions and serve with additional sauce of your choice.

*Serves 2 as an appetizer*



# MINI NORWAY LOBSTER CORNDOGS

## INGREDIENTS

<b>9 pieces</b>	<b>3 oz</b>	Clearwater Norway Lobster Tail Meat Clusters, steamed
<b>½ cup</b>	<b>4 oz</b>	Cornmeal
<b>½ cup</b>	<b>4 oz</b>	Flour
<b>1 tsp</b>	<b>0.15 oz</b>	Salt
<b>1 tsp</b>	<b>0.15 oz</b>	Sugar
<b>1 tsp</b>	<b>0.15 oz</b>	Baking Powder
<b>½ cup</b>	<b>4 oz</b>	Milk
<b>1 each</b>	<b>2 oz</b>	Egg, beaten

## DIRECTIONS

### For the steamed Norway Lobster Tail Meat Clusters:

Lay out frozen Norway Lobster Tail Meat Clusters in a single layer on a pan. Steam for 6 minutes, or until the middle of the cluster is opaque (145°F). Strain and keep cold until use.

### For the corndogs:

Prepare batter by mixing cornmeal, flour, salt, sugar and baking powder. Skewer the steamed Norway Lobster Tail Meat Clusters with a wooden pick. Dip clusters in cornmeal batter and fry in a deep fryer at 350°F until golden brown. Drain on paper towel to remove excess oil. Serve with dipping sauce of your choice.

*Serves 1 as an appetizer*



# NORWAY LOBSTER CHICKEN FRIED SLIDER

## INGREDIENTS

<b>3 patties</b>	<b>3 oz</b>	Clearwater Norway Lobster Tail Meat Clusters, 1 oz formed patties
<b>1 whole</b>	<b>1.75 oz</b>	Egg, beaten
<b>½ cup</b>	<b>4 oz</b>	Cajun Flour, seasoned
<b>3 each</b>		Slider Buns
<b>1 tbsp</b>	<b>0.5 oz</b>	Iceberg Lettuce, shredded
<b>1 tbsp</b>	<b>0.5 oz</b>	Spicy Mayonnaise
<b>2 tbsp</b>	<b>1 oz</b>	Cajun Butter

## DIRECTIONS

### For the formed Norway Lobster Tail Meat Clusters:

Portion frozen Norway Lobster Tail Meat Clusters into muffin pans or using a cookie cutter (3 clusters is equivalent to 1 oz). Allow Norway Lobster Tail Meat Clusters to defrost and soften, then press down to form shape. Re-freeze until ready to use.

### For the sliders:

Bread Norway Lobster Tail Meat Cluster patties by dipping them in beaten egg and toss with seasoned Cajun flour. Fry breaded patties in deep fryer at 350°F until golden brown and internal temperature reaches 145°F. Drain on paper towel to remove excess oil. Toast slider buns with Cajun butter. Apply spicy mayonnaise to bottom of bun. Top with shredded iceberg lettuce, chicken fried Norway Lobster patty and more spicy mayonnaise. Place top bun and secure with a pick. Serve on a plate with three sliders.

*Serves 1 as an entrée if paired with a side*



## BREADED NORWAY LOBSTER CAKES

### INGREDIENTS

<b>2 patties</b>	<b>4 oz</b>	Clearwater Norway Lobster Tail Meat Clusters, 2 oz formed patties
<b>1 whole</b>	<b>1.75 oz</b>	Egg, beaten
<b>½ cup</b>	<b>4 oz</b>	Panko Breadcrumbs
<b>1 tsp</b>	<b>0.15 oz</b>	Mozzarella, shredded
<b>1 tsp</b>	<b>0.15 oz</b>	Corn, kernels

### DIRECTIONS

#### For the formed Norway Lobster Tail Meat Clusters:

Portion frozen Norway Lobster Tail Meat Clusters into muffin pans or using a cookie cutter (6 clusters is equivalent to 2 oz). Allow Norway Lobster Tail Meat Clusters to defrost and soften. Add in shredded mozzarella, corn kernels and then press down to form shape. Re-freeze until ready to use.

#### For the cakes:

Bread Norway Lobster cakes by dipping the formed patties in beaten egg and toss with seasoned breadcrumbs. Double bread by repeating the above step with the coated cakes. Fry breaded patties in a deep fryer at 350°F until golden brown and internal temperature reaches 145°F. Drain on paper towel to remove excess oil. Serve with dipping sauce of your choice.

*Serves 1 as an appetizer*



## NORWAY LOBSTER PO-BOY

### INGREDIENTS

<b>9 pieces</b>	<b>3 oz</b>	Clearwater Norway Lobster Tail Meat Clusters, steamed
<b>1 whole</b>	<b>1.75 oz</b>	Egg, beaten
<b>½ cup</b>	<b>4 oz</b>	Panko Breadcrumbs
<b>1 each</b>		Baguette Bun, 6 inches
<b>1 tbsp</b>	<b>0.5 oz</b>	Mayonnaise
<b>¼ cup</b>	<b>2 oz</b>	Iceberg Lettuce, shredded
<b>4 slices</b>	<b>2 oz</b>	Roma Tomatoes, sliced
<b>2 tbsp</b>	<b>1 oz</b>	Po-boy sauce

### DIRECTIONS

#### For the steamed Norway Lobster Tail Meat Clusters:

Lay out frozen Norway Lobster Tail Meat Clusters in a single layer on a pan. Steam for 6 minutes, or until the middle of the cluster is opaque (145°F). Strain and keep cold until use.

#### For the po-boy:

Bread steamed Norway Lobster Tail Meat Clusters by dipping them into beaten egg and toss with seasoned breadcrumbs. Fry breaded clusters in a deep fryer at 350°F until golden brown. Drain on paper towel to remove excess oil. Slice a baguette in half lengthwise and spread mayonnaise on the bottom. Stuff the baguette with shredded iceberg lettuce, sliced tomatoes and breaded Norway Lobster Tail Meat Clusters. Drizzle heavily with Po-boy sauce and serve.

*Serves 1 as an entrée*



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