

RAW FROZEN LOBSTER MEAT

COOKING WINSTRUCTIONS





PRIME LOBSTER



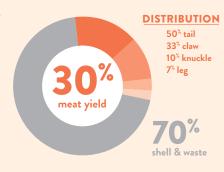
Easily enhance your menu with Clearwater's Nova Scotia Prime
Lobster—raw, frozen lobster meat that delivers the same superb taste as
our Live Premium Hardshell Fresh™ lobster. Available in both shell-on
and shell-off varieties, our raw lobster meat is produced using a specialized
high-pressure extraction system.

Nova Scotia Prime Lobster can be used across a variety of temperature and cook methods for versatility and ultimate convenience.

No precooking or shucking is required.

THE RAW ADVANTAGE

The average live lobster contains approximately 30% meat, with the remaining 70% being made up of shell and 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 half an hour. This ensures a premium "live" lobster taste and texture, as well as a simplified eating experience for the end-user.







FEATURES & 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, 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

漱 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.

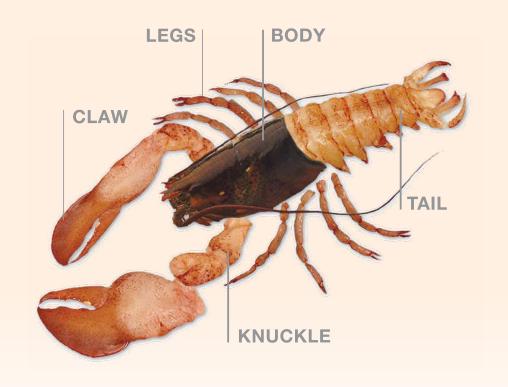












AVAILABLE FORMATS

CLAW & KNUCKLE MEAT



SHELL-ON TAILS



KNUCKLE MEAT



SHELL-OFF TAILS





FOOD SAFETY & QUALITY

Food safety and quality assurance programs, including CFIA registration onboard Clearwater vessels and BRCGS certification within processing facilities ensure our customers receive only the highest-quality, consistent and food-safe products.



SUSTAINABILITY

Clearwater Lobsters are wild-caught from well-managed and healthy lobster fisheries around Atlantic Canada. Available in Marine Stewardship Council (MSC) certified formats.

HARVESTING AND PROCESSING

Caught in the pristine waters of the Canadian North Atlantic, Clearwater sources its lobster from eco-certified inshore and offshore fisheries. Once harvested, lobster is High Pressure (HP) processed at Clearwater's Pierce Fisheries location in Lockeport, Nova Scotia.



IDEAL METHOD FOR CLAW & KNUCKLE MEAT AND RAW SHELL-OFF TAILS

Poaching is gently heating the product in direct contact with water or a flavourful liquid. Lower heat is used which prevents the exterior from overcooking before the interior is cooked. This is done to ensure the best texture for delicate foods.

EQUIPMENT & INGREDIENTS

- · Stainless Steel Stock Pot
- Stainless Steel Stock Pot Lid
- Lobster Product
- Stainless Steel Colander or Tongs



CHEF'S TIPS

Optional Flavour Enhancing Ingredients: Add small pieces of celery, onion, fennel and bay leaves into the water to create a court-bouillon that adds supporting flavours to the lobster as it poaches.

Using a flavourful liquid instead of water has the benefit of creating a delicious and simple sauce by reducing the liquid after poaching the lobsters, by 75% and whisking in Crème Fraiche and a herb like Chives or Fennel.

To prevent tails from curling, carefully insert two skewers down length of tail while cooking. Remove immediately afterwards.



- 1. Allow Clearwater lobster product to thaw in a refrigerated environment at 32 - 39°F (0 - 4°C) for 12-24 hours.
- 2. Remove defrosted lobster product from packaging and drain excess liquid.
- 3. Fill the pot up to three-quarters full of
- 4. Cover the pot with a lid and heat until the water (liquid) comes to a rolling boil. Add flavour enhancing ingredients to water if desired.
- 5. Once liquid has come to boil, reduce heat to low and place in the lobster.
- 6. Poach the product, monitoring the liquid temperature to be consistently around 71°C to 82°C (160°F-180°F), for the indicated time. Use the cooking chart for reference.
- 7. Once cooked, remove the lobster from the poaching liquid and allow the product to rest for 3-5 minutes. Use immediately or can be chilled and refrigerated for up to 24 hours.



Poaching cooking time will vary based on the size of the product. The cook times below indicate the minimum time required to fully cook the product. Internal temperature should reach $165^{\circ}F$ ($74^{\circ}C$). Lobster meat should be pearly and opaque.

PRODUCT	SIZE	POACHING LIQUID TEMP.	POACHING COOK TIME (MINUTES)
Claw & Knuckle meat	(Small) 227 g / 8 oz	75°C	8 - 10
Claw & Knuckle meat	(Large) 227 g / 8 oz	75°C	12 -14
Knuckle meat	227 g / 8 oz	75°C	3 - 5
Raw Shell-off tails	56-85 g / 2-3 oz	75°C	4 - 6
Raw Shell-off tails	86-113 g / 3-4 oz	75°C	9 - 11
Raw Shell-off tails	114-170 g / 4-6 oz	75°C	13 - 15
Raw Shell-off tails	170-227 g / 6-8 oz	75°C	17 - 19
Raw Shell-off tails	+ 227 g / + 8 oz	75°C	20 - 22
Shell-on tails	56-85 g / 2-3 oz	75°C	6 - 8
Shell-on tails	86-113 g / 3-4 oz	75°C	11 - 13
Shell-on tails	114-141 g / 4-5 oz	75°C	15 - 17
Shell-on tails	142-170 g / 5-6 oz	75°C	17 - 19
Shell-on tails	170-198 g / 6-7 oz	75°C	19 - 21
Shell-on tails	199-227 g / 7-8 oz	75°C	20 - 22
Shell-on tails	228-283 g / 8-10 oz	75°C	21 - 23
Shell-on tails	284-340 g / 10-12 oz	75°C	14 - 26
Shell-on tails	340-396 g / 12-14 oz	75°C	27 - 29
Shell-on tails	397-454 g / 14-16 oz	75°C	29 - 31

POACHING IS THE PREFERRED METHOD OF COOKING FOR CLAW & KNUCKLE MEAT AND RAW SHELL-OFF TAILS.





The Sous Vide method involves cooking a vacuumsealed product in a water bath for a long time, at a carefully regulated, low temperature. This is done to ensure thorough and even cooking, while maintaining moisture which ensures a higher yield and limits the risk of overcooking the exterior of the product.

EQUIPMENT & INGREDIENTS

- Immersion Circulator
- Heatproof Container (Water Basin) Large enough to hold at least 8 times the volume (recommended 8 litres) of product being cooked
- Vacuum Bags
- Lobster Product

METHOD

- Allow Clearwater lobster product to thaw in a refrigerated environment at 36°F (3°C) for 12-24 hours.
- 2. Fill the water basin 3/3 full of warm water.
- Set up immersion circulator according to manufacturer's instructions. Before turning on the immersion circulator, ensure that the heating element and fans are fully submerged in water.
- Set the temperature of the immersion circulator to the temperature indicated.
- Remove defrosted lobster product from packaging and place into vacuum bag. NOTE: Be careful not to overfill bags. Lobster should fit into bag in a single layer comfortably, multiple bags should be used if required.

- 6. Add flavour enhancing ingredients to bag if desired.
- Seal bags using a vacuum sealer set on a medium setting.
- Lay the sealed bag on a flat surface and distribute the lobster meat around the bag until it is in a single layer.
- 9. Place sealed bag in preheated water bath and allow to cook for time indicated.
- 10. Once cooked, carefully remove sealed bag from water bath and wipe off excess water.
- Product is ready for use or can be chilled immediately for up to 24 hours.



In cold environments, cover the top of the water basin with plastic wrap to keep heat from escaping.

Butterfly clips can be used to hold bags to the side of the water basin while cooking to keep product in place.

Optional Flavour Enhancing Ingredients:

- 1 tsp unsalted butter, 2 leaves tarragon and half a pinch of salt.
- Add small pieces of celery, onion, fennel and bay leaves into the bag to create a court bouillon that poaches the lobster while developing a flavourful liquid to serve the lobster "a la nage" style.
- It is important to note this method of cooking yields a texture that is fairly soft and lacks the distinctive crunch of other cooking methods.

COOKING TEMPERATURE & TIME

Sous Vide cooking allows for a large range of cooking times. The cook times below indicate the minimum time required to fully cook the product. Internal temperature should reach $165^{\circ}F$ ($74^{\circ}C$). Lobster meat should be pearly and opaque.

PRODUCT	IMMERSION CIRCULATOR TANK WATER TEMPERATURE	MINIMUM SOUS VIDE COOK TIME (MINUTES)	MAXIMUM HOLDING TIME (ONCE PRODUCT HAS REACHED COOKING TIME) (MINUTES)
Claw & Knuckle meat (Small) 227 g / 8 oz	150°F (66°C)	25	60
Claw & Knuckle meat (Large) 227 g / 8 oz	150°F (66°C)	25	60
Knuckle meat 227 g / 8 oz	150°F (66°C)	25	60
Raw Shell-off tails 56-85 g / 2-3 oz	145°F (64°C)	20	60
Raw Shell-off tails 86-113 g / 3-4 oz	145°F (64°C)	30	60
Raw Shell-off tails 114-170 g / 4-6 oz	145°F (64°C)	35	60
Raw Shell-off tails 170-227 g / 6-8 oz	145°F (64°C)	37	60
Raw Shell-off tails +227 g / +8 oz	145°F (64°C)	40	60

Shell-on tails have a higher chance of puncturing vacuum bags, so it is not suggested for sous vide.

SOUS VIDE IS THE PREFERRED METHOD OF COOKING FOR RAW SHELL-OFF TAILS.



The Sauté method of cooking involves cooking over high heat in a sauté pan. This is done to ensure the best flavour for foods, such as lobster. This cooking method creates flavour from light browning (Maillard Browning). In addition, the texture of the food will have a crispy exterior yet tender bite.

EQUIPMENT & INGREDIENTS

- · Stainless-steel pan
- Lobster Product
- Canola oil (any neutral flavoured oil or clarified butter)
- Stainless Steel Tongs

CHEF'S TIPS

The addition of fat/oil will allow the food to not stick to the pan, promote browning, which will add flavour. *Note Lobster is delicate and requires minimal browning for best results.

Don't over crowd the pan. This is key when sautéing because if the pan is crowded there will be minimal browning effect due to accumulation of moisture in the form of steam.

Cutting into smaller pieces will make searing/ sautéing easier. Our suggestion is a 2 cm thickness for medallions.

Optional Flavour Enhancing Ingredients:

1 tsp unsalted Butter, minced garlic, half a pinch of salt and black pepper, add these or other ingredients in the final 2 minutes of cooking.

METHOD

- Allow Clearwater lobster product to thaw in a refrigerated environment at 32 - 39°F (0 - 4°C) for 12-24 hours.
- Remove the thawed lobster from the packaging and drain raw lobster.
- Heat a pan with oil over mediumhigh heat.
- 4. Gently sear the lobster for 2 minutes, or until golden.
- Turn the lobster and continue to cook for the indicated time. Use the cooking chart for reference.
- Remove the Lobster from the pan and allow to rest warm while preparing the balance of the plate or the product can be chilled immediately and stored for up to 24 hours in refrigerated conditions 4°C/38°F.

Sauté cooking works with smaller product and requires minimal cooking time. The cook times below indicate the minimum time required to fully cook the product. Internal temperature should reach $165^{\circ}F$ ($74^{\circ}C$). Lobster meat should be pearly and opaque.

PRODUCT	SEARING COOK TIME (MINUTES)	FLIPPED COOK TIME (MINUTES)
Claw & Knuckle meat (Small) 227 g / 8 oz	1 – 2	1 – 2
Claw & Knuckle meat (Large) 227 g / 8 oz	1 – 2	1 – 2
Knuckle meat 227 g / 8 oz	1 – 2	1 – 2
Raw Shell-off tails 56-85 g / 2-3oz	3 - 4	3 - 4
Raw Shell-off tails 86-113 g / 3-4 oz	5 - 6	3 – 4
Raw Shell-off tails 114-170 g / 4-6 oz	5 - 6	5 - 6

Larger cuts are not suggested to be seared/sautéed unless cut into 2 cm thick medallions.

For tails under 6 oz they can be split lengthwise and gently sautéed to prevent too much curling.





Roasting involves using indirect dry heat. This is done to ensure the best flavour for delicate foods, such as lobster by promoting a browning effect. This effect is responsible for giving roasted food sweet and caramelized flavours. Roasting is simple and straightforward by letting the heat do most of the work with little interference.

EQUIPMENT & INGREDIENTS

- · Convection Oven
- · Parchment paper
- Lobster Product
- · Aluminum Baking Pan
- · Canola oil
- Brush (or spoon)

CHEF'S TIPS

The addition of fat/oil will promote even browning and add flavour.

Don't overcrowd the baking sheet.

Overcrowding will cause the product to steam instead.

Optional Flavour Enhancing Ingredients: 1 tsp unsalted butter, minced garlic, half a pinch of salt and black pepper. Toss Lobster in olive oil, sea salt and lemon zest.

METHOD

- Allow Clearwater lobster product to thaw in a refrigerated environment at 32 - 39°F (0 - 4°C) for 12-24 hours.
- 2. Preheat the oven to 425°F (218°C).
- 3. Remove defrosted lobster product from packaging.
- 4. Place the lobster onto a baking sheet lined with parchment paper.
- 5. Brush the tops of the lobster with oil.
- Roast the lobster in the oven and allow to cook for the indicated time. Use the cooking chart for reference.
- 7. Allow the lobster to rest up to 3-5 minutes.
- 8. Product will be ready for use after resting or can be chilled immediately for up to 24 hours.



As oven heat may vary, roasting may have a large variance in cooking time. The cook times below indicate the minimum time required to fully cook the product. Internal temperature should reach $165^{\circ}F$ ($74^{\circ}C$). Lobster meat should be pearly and opaque.

PRODUCT	SIZE	OVEN TEMPERATURE	ROASTED COOK TIME (MINUTES)
Claw & Knuckle meat	(Small) 227 g / 8 oz	425°F (218°C)	8 - 10
Claw & Knuckle meat	(Large) 227 g / 8 oz	425°F (218°C)	9 - 11
Knuckle meat	227 g / 8 oz	425°F (218°C)	8 - 10
Raw Shell-off tails	56-85 g / 2-3 oz	425°F (218°C)	11 - 13
Raw Shell-off tails	86-113 g / 3-4 oz	425°F (218°C)	13 - 15
Raw Shell-off tails	114-170 g / 4-6 oz	425°F (218°C)	15 - 17
Raw Shell-off tails	170-227 g / 6-8 oz	425°F (218°C)	19 - 21
Raw Shell-off tails	+ 227 g / + 8 oz	425°F (218°C)	20 - 22
Shell-on tails	56-85 g / 2-3 oz	425°F (218°C)	11 - 13
Shell-on tails	86-113 g / 3-4 oz	425°F (218°C)	12 - 14
Shell-on tails	114-141 g / 4-5 oz	425°F (218°C)	13 - 15
Shell-on tails	142-170 g / 5-6 oz	425°F (218°C)	14 - 16
Shell-on tails	170-198 g / 6-7 oz	425°F (218°C)	15 - 17
Shell-on tails	199-227 g / 7-8 oz	425°F (218°C)	17 - 19
Shell-on tails	228-283 g / 8-10 oz	425°F (218°C)	18 - 20
Shell-on tails	284-340 g / 10-12 oz	425°F (218°C)	19 - 21
Shell-on tails	340-396 g / 12-14 oz	425°F (218°C)	20 - 22
Shell-on tails	397-454 g / 14-16 oz	425°F (218°C)	21 - 23

ROASTING IS THE PREFERRED METHOD OF COOKING FOR SHELL-ON TAILS.

Steaming method of cooking involves the product being completely surrounded by hot moisture. This is done to ensure the best texture for delicate foods, such as lobster. Steaming can maintain moisture, which ensures a higher yield and limits the risk of overcooking the exterior of the product.

EQUIPMENT & INGREDIENTS

- Steamer or Combi-Oven
- Lobster Product

• 24 Gauge Stainless Steel Perforated Steam Table Pan - 2 1/2" depth

METHOD

- 1. Allow Clearwater lobster product to thaw in a refrigerated environment at 32 - 39°F (0 - 4°C) for 12-24 hours.
- 2. Pre-heat the steamer or pre-heat the Combi-Oven using the steam settings.
- 3. Remove defrosted lobster product from packaging and place into the pans.
- 4. Once preheated, place the pans into the steamer or Combi-Oven.

- 5. Steam the lobster for the indicated time. Use the cooking chart for reference.
- 6. Once cooked, remove the lobster from the steamer.
- 7. Allow the lobster to rest up to 3-5 minutes.
- 8. Product will be ready for use after resting or can be chilled immediately, for up to 24 hours.



CHEF'S TIPS

To ensure even cooking, make sure that every other rack slot is loaded when placing the hotel pans onto the rack.

Don't overcrowd the pan as this will promote un-even cooking.

Optional Flavour Enhancing Ingredients: 1 tbsp butter, half a pinch of salt and black pepper.



Steam cooking uses moist heat which allows it to transfer heat at a higher rate than air and use lower temperatures for a gentler cook. The cook times below indicate the minimum time required to fully cook the product. Internal temperature should reach 165°F (74°C). Lobster meat should be pearly and opaque.

PRODUCT	SIZE	STEAMER OR COMBI-OVEN SETTINGS	STEAMED COOK TIME (MINUTES)
Claw & Knuckle meat	(Small) 227 g / 8 oz	Steam Setting	5 – 7
Claw & Knuckle meat	(Large) 227 g / 8 oz	Steam Setting	5 – 7
Knuckle meat	227 g / 8 oz	Steam Setting	2- 4
Raw Shell-off tails	56-85 g / 2-3 oz	Steam Setting	6 – 8
Raw Shell-off tails	86-113 g / 3-4 oz	Steam Setting	8 – 10
Raw Shell-off tails	114-170 g / 4-6 oz	Steam Setting	9 – 11
Raw Shell-off tails	170-227 g / 6-8 oz	Steam Setting	12 – 13
Raw Shell-off tails	+ 227 g / + 8 oz	Steam Setting	14 – 16
Shell-on tails	56-85 g / 2-3 oz	Steam Setting	7 – 9
Shell-on tails	86-113 g / 3-4 oz	Steam Setting	7 – 9
Shell-on tails	114-141 g / 4-5 oz	Steam Setting	8 – 10
Shell-on tails	142-170 g / 5-6 oz	Steam Setting	9 – 11
Shell-on tails	170-198 g / 6-7 oz	Steam Setting	10 – 12
Shell-on tails	199-227 g / 7-8 oz	Steam Setting	11 – 13
Shell-on tails	228-283 g / 8-10 oz	Steam Setting	13 – 15
Shell-on tails	284-340 g / 10-12 oz	Steam Setting	14 – 16
Shell-on tails	340-396 g / 12-14 oz	Steam Setting	15 – 17
Shell-on tails	397-454 g / 14-16 oz	Steam Setting	16 – 18



REMARKABLE SEAFOOD, RESPONSIBLE CHOICE



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