



There are many ways to cook and serve a fresh Maine Lobster. The most popular method of preparing lobster is steaming.

STEAM-Put about 2 inches of seawater or salted fresh water in the bottom of a large kettle. Bring the water to a rolling boil. Put in the live lobsters, one at a time, grasping just behind the claws. Let the water boil again and begin timing. Allow 18 minutes for a 1- to 1 1/4-pound hard-shell lobster and 20 minutes for a 1 1/2-pound hard-shell lobster. If the lobster has a soft shell, reduce the cooking time by 3 minutes. or

BOIL-Place lobster in a large lidded pot. Fill a large kettle three-quarters full of seawater. If seawater is not available, add 2 tablespoons of salt for each quart of water. A good rule of thumb is to allow 2 1/2 quarts of water for each lobster. Bring the water to a boil. Put in the live lobsters one at a time and let the water boil again.

Lower the heat, cover the kettle, and simmer about 15 minutes for 1-to 1 1/4-pound hard-shell lobsters and 20 minutes for 1 1/2- to 2-pound hard-shell lobsters. Soft-shell lobsters take a little less time, so reduce the cooking time by 3 minutes. When the lobster is bright red and antennae pull out easily, the lobsters are done. Serve whole lobster, either hot or cold. For the ultimate taste, serve with a side dish of melted butter.

Lobster Weight

1 lb. to 1-1/4 lbs.
1-1/2 lbs. to 2 lbs.
2 lbs. to 3 lbs.
3 to 6 lbs.
6 to 7 lbs.
8 lbs. & up

Minutes

15 minutes
17-20 minutes
3 lbs.20-minutes
24-28 minutes
28-30 minutes
4 minutes per pound

