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New Brunswick Company Directory *(separate handout)*
Lobster is Canada’s most valuable seafood export, representing as much as $1 billion in export sales annually.
Lobster Industry Overview

The cold, clear waters of Atlantic Canada provide the top-quality lobsters known and appreciated around the world. Stringent management practices have ensured that Canadian landings have remained stable over a long period of time. Annual landings have exceeded 54,000 tonnes. That’s about half the world’s supply of large-claw lobster (and a third of all lobster species), and most importantly, the best science suggests this conservatively managed resource will sustain these yields.

Improved technologies, such as on-vessel and dry-land lobster-holding systems, quality controlled processing, stringent health and safety regulations, sophisticated grading and packaging, and air and road transport, ensure that Atlantic Canadian lobster - live or frozen - can be enjoyed worldwide.

The global market of 170,700 tonnes of lobster is composed of four main species or species groups: American (the name given to the species caught in Atlantic Canada and the U.S. northeast), spiny, rock and European. American lobster accounts for about 55% of total supply, with spiny lobster (a clawless warm water species) accounting for 36%. Rock (also clawless) and European lobster are much less abundant, accounting for only 6% and 3%, respectively.

Lobster production by country, 2008
170,700 tonnes
Atlantic Canada’s lobster fishery is carefully structured and managed to bring the highest quality to market year-round. It begins with the effort of thousands of licensed inshore lobster fishermen, who set out daily during season to tend to traps set along the region’s rugged coastline.

Canadian waters are divided into 41 areas, each with its own season, varying in length from eight weeks to six months. The result is that there is always a season open. This seasonal effort is complemented by great strides in holding and processing technology.

Together, these factors guarantee a secure year-round supply of top-quality lobsters to principal buyers all around the world.

Large dry-land holding facilities pioneered in Atlantic Canada make possible an inventory of the millions of pounds of the region’s best lobsters. As a result of advances in conditioning, handling and packing, lobsters can be held almost indefinitely and shipped to buyers without any loss of quality, taste or yield.

This live inventory is crucial for suppliers overcoming drawbacks caused by seasonal peaks in landings. Atlantic Canada’s landings peak twice a year. The first high peak occurs from May to June when the season opens in Atlantic Canada. Another peak occurs in November, after the fall fishery opens in New Brunswick.

Not all lobsters are destined for the live market. By volume, about half of Canada’s harvest reaches customers as a processed product, with New Brunswick representing the largest supply. Generally, this means that cooked, raw or partially cooked lobster is fast frozen and offered in a variety of forms including whole-cooked, raw tails and lobster meat. Lobster meat freezes exceptionally well, retaining its delicate texture and delectable taste. Recognizing this, the processing industry is increasingly gaining high-end markets with innovative specialty products.

Lobsters are highly perishable and their sensitivity to heat, sunshine, rain and wind can result in high rates of mortality. Unlike other fish, lobster (shellfish in general) cannot be sold for human consumption once it dies. Lobster is considered “processed” when it is sold in a form other than live.

Today 50 to 55% of the 90,000 metric tons of lobster landed in North America is processed into various lobster products. Canada is the leading lobster processing nation in the world with approximately 45,000 metric tons of lobster (Homarus americanus) processed each year.

New Brunswick is the leading lobster processing Province with over 25,000 metric tons of lobster processed in our plants annually followed by Prince Edward Island (14,000 metric tons), Quebec and Nova Scotia. New Brunswick processors source their lobster from all lobster fishing areas in Canada and the United States in order to meet international market needs for processed lobster. New Brunswick processed lobster products generate between $400 and $500 million in sales with 80 to 90% of this revenue coming from export sales.
Lobster processing has a very long history dating back to the 1830s when the first lobsters were canned. By the 1850s the invention of the stamped can had resulted in the packing of many foods in hermetically-sealed tins that were shelf stable, and this opened up new market opportunities for lobster. According to A. Gordon Dewolf, the first Canadian lobster cannery was constructed in Eastern New Brunswick at the mouth of the Miramichi river in about 1845. By 1872, there were between 40 and 50 lobster canneries in Canada and, by 1900, there were over 700 (as high as 900 reported). Canning lobster overcame some of the challenges of transporting lobster to market, resulting in the value of canned products surpassing the value of live shipments by the end of the century.

By the 1930s excessive fishing was putting pressure on lobster resources, resulting in consolidation and a severe reduction in the number of lobster canneries. This is when the Canadian government began the process of regulating the lobster fishery in an effort to protect the resource from overfishing.

Regulations in both the United States and Canada lead to where only a few lobster processing plants remained in New Brunswick and Prince Edward Island to process small “canner” lobster that could not be sold live to the US since they were considered undersize.
Lobster processing continued in the form of canning “hot pack” lobster meat (using small canner lobster) until the 1970s when refrigeration was introduced. This “new” technology revolutionized the industry as lobster meat was now placed in cans and frozen in a new product called “cold pack” lobster. The quality of frozen lobster meat was much higher than hot pack meat resulting in increased demand for lobster meat. Refrigeration also permitted the development of other frozen lobster products and since the late 1970s, the vast majority of processed lobster products has been in frozen form.

Frozen lobsters in brine or “popsicle” lobsters were introduced to the European market in the 1970s. This is a retail product that consists of a whole cooked lobster in the shell that is individually frozen in a bag with brine added for protection. This remains a popular product in Europe during the Christmas holidays.

In the 1980s processors introduced frozen raw tails to the restaurant and food service market. This was a major development for lobster processors as it became a very popular and profitable product that was less labour intensive than lobster meat. This development opened up new markets in the United States away from the traditional “Boston” market.

The introduction of cryogenic freezing (quick freezing using nitrogen or carbon dioxide tunnel freezers) in the 1980s permitted the development of a range of new...
products to meet growing demand in the US (cruise ships, casinos, restaurants, etc.). This is when products such as a whole cooked lobsters in foodservice packs (dozen individually quick frozen (IQF) lobsters per box), IQF claws and arms in the shell, IQF cocktail claws and other innovative products were introduced and permitted an expansion to international markets.

During the 1990s lobster landings in North America increased dramatically to peak at 100,000 tons and landings today remain at near historical heights. This has permitted the lobster processing industry to expand, innovate and develop into a vibrant and flexible industry that is well poised to meet the challenges of the future.

Today frozen lobster is sold in many forms around the world according to strict customer specifications. There are more than 25 modern lobster processing companies in New Brunswick that annually produce lobster products valued between $400 and $500 million. It is important to note that 80 to 90% of this revenue is from export sales to customers around the world. The major market for processed lobster is the United States followed by Europe and Asia. Processed lobster products are shipped to over 55 countries with tremendous growth opportunities in emerging economies like China and Russia.

Lobster processing was and is generally very labour intensive and processors normally have hundreds of employees working in their plants. Lobster processors therefore have always been very important economic engines for many small coastal communities and this remains true today.

**Canadian lobster exports by market area, 2009**

$803.7 million

Lobster is consumed in over 60 countries worldwide, most commonly in the United States, Canada, the United Kingdom, France, Belgium, Spain, Italy, Netherlands, Germany, Japan, Hong Kong and South Korea.

Source: FAO Fishstat
American lobsters, the species found along the eastern coast of North America, have a unique life cycle. Males and females do not socialize a great deal, however, during the summer months females will seek out dominant males once every two years to mate with them. When the male is ready for her, the female starts to molt. After she sheds her old shell, her new shell is so soft, that she has a hard time standing up. The male then turns her over on her back, and proceeds to deposit sperm packs inside a pouch.

After mating, the couple stays together for 4-5 days, after which time the female goes back into her own rock house. The sperm is kept inside her pouch for almost a year, before she lays her eggs. The following summer, she lays a few thousand eggs (an older, larger female can lay 100,000 eggs) and, as the eggs pass by the pouch, they get fertilized. The female then ‘glues’ the eggs under her tail, between the swimmerets, and cares for them for another year. While inside the eggs, the embryos already start molting, and go through several stages before they hatch.

Due to the long maturity cycle of Homarus americanus, the crustaceans have been a subject of hatchery efforts for centuries. In the wild, they normally reach legal catch size in approximately five to seven years. The statistical survival rate for lobster larvae is extremely small, and most hatchlings perish before settling to the bottom of the ocean. A one-pound female lobster usually carries approximately 8,000 eggs and a nine-pound female may carry more than 100,000 eggs – however for every 50,000 eggs, only 2 lobsters are expected to survive to legal size.
When the eggs are ready to hatch, the female will uncurl her tail, and release the larvae into the open water. The larvae are so small they resemble tiny shrimps that are no bigger than 8 mm. Because of their size, they are unable to swim against the currents, so they simply float around, becoming part of the ocean’s zooplankton. They will feed on other zooplankton, including their own kind, and over the span of 3-4 weeks, they will molt three times. Each stage looks a little different: the second stage sees the appearance of swimmerets under the tail, and the third stage sees a fan tail with a fringe of bristles.

The most interesting stage is the fourth one, the post-larval stage, where they start to look like a miniature lobster, with two claws in the front. This is the only stage in their lives where they are able to actually swim. They swim forward, with both claws extended, much like Superman, hence the name “Superlobsters.” This stage allows them to explore new environments and, after a week of swimming, they finally ‘settle’ at the bottom of the sea, hiding between little rock crevices. If a suitable habitat (gravel of the right size) is not immediately found, the superlobsters continue to swim a little longer, until they find the perfect neighbourhood.

They will molt several times over the next two years, mostly during the summer months. Lobsters become sexually mature when they reach between 6 and 12 inches long (depending on water temperature). They then weigh between 1 and 2 pounds, and can be between 7 and 10 years old.
Atlantic lobster is found along the eastern coast of North America, in a habitat of rocks and seaweed that provides food and shelter from predators.

Harvesting Regulations, Fishing Areas & Seasons

Lobster harvesters still use a traditional method to fish lobster: traps attached to lines are set out in the ocean and are hauled in to retrieve the catch. This method maintains the integrity of the seafloor by minimizing disruption.

There are 41 Lobster Fishing Areas (LFAs) in Canada spanning across the provinces of Quebec, New Brunswick, Nova Scotia, Newfoundland and Labrador, and Prince Edward Island. Most of the harvest occurs close to shore, usually within 15 kilometres. There is also an offshore fishery that harvests in the deep basins and outer banks off southwestern Nova Scotia, about 90 kilometres from shore.
Management of the Fishery

*Fisheries and Oceans Canada* and the lobster industry are working collaboratively to develop integrated management plans for the lobster fisheries in the 41 different fishing areas. These plans take into account the particularities of each lobster fishing area and set out management measures accordingly.

The inshore lobster fishery is managed by effort control, which involves limits related to gear and the number of fishing days rather than a quota system. Lobster fishing seasons are designated for each lobster fishing area and they are staggered to protect summer molts. Lobster landings average between 45,000 and 50,000 tonnes per year.

The offshore fishery is open year-round and the total allowable catch of 720 tonnes for this fishery has remained unchanged since it was established.

Managing Environmental Impacts

Several management measures are implemented, in collaboration with industry, to limit the impacts of the fishery on the environment.

Examples of conservation and management measures include limiting the number of traps that each licensed harvester is allowed to set and determining minimum size limits (and in some cases, maximum size limits) for lobster carapaces (outer shell). Minimum carapace size limits help to ensure that 50% of females have a chance to reproduce at least once. That objective has already been reached in many of the areas.

“The carapace length” is the length of the body shell or carapace along the midline from the rear edge of the eye socket to the rear edge of the carapace.
In Canada, female lobsters caught bearing eggs must be released to ensure that the reproductive cycle can continue, i.e. that the females can grow larger, spawn several times, and produce more and better quality eggs. Some harvesters cut a small v-shaped notch in the female’s tail prior to its release. The v-notch remains visible for several years. Females with this notch cannot be sold and must be released.

Trap designs are also regulated. They must include escape mechanisms to reduce the retention of undersized lobsters, as well as biodegradable panels and rings to ensure that traps lost-at-sea do not continue to catch lobster and other species (“ghost fishing”).

Some lobster fishing areas also have management measures such as restrictions on fishing at night and on Sundays to help reduce fishing effort.

Science Advisory Reports by the Canadian Science Advisory Secretariat
The stock assessments for lobster are done through scientific peer review processes that include external experts and fishermen. Stock assessments are done on a regular basis for all Lobster Fishing Areas, either individually or in groups of LFAs. The results are made available to the public through the Web site of Fisheries and Oceans Canada’s Canadian Science Advisory Secretariat at www.dfo-mpo.gc.ca/csas.

Canada is a world leader in the sustainable management of fisheries and aquaculture. DFO is responsible for providing Canadians with sustainable fisheries and sustainable aquaculture, and healthy and productive aquatic ecosystems. Consumers can be confident that Canada has a robust system and will continue to improve its management of fisheries and aquaculture operations to ensure sustainable seafood today and in the future. To learn more please visit: www.sustainable-seafood.ca
Sustainability

Homarus Inc. is a non-profit organization, comprised of several partners from the public and private sectors, with a mandate to develop tools for insuring the sustainability of the lobster resource in our coastal waters. This initiative was undertaken in 2001 by the Maritime Fishermen’s Union in order to find a solution to the decline of lobster catches in certain regions of the Southern Gulf of St. Lawrence.

Objectives:

- Introduce practical and effective approaches to enhancing lobster habitat and resources;
- Increase scientific knowledge surrounding lobster biology and habitat;
- Provide an educational tool for raising awareness amongst stakeholders concerning the need for conserving the marine habitat and sustaining the resource.

Homarus Inc. is presently working on a multitude of projects, with the goal of reaching their objectives. However, two projects in particular are of prime importance:

Artificial Reef Project
This project aims at developing the use of artificial reefs as a measure for improving lobster habitat. Since 2003, several experimental reefs have been constructed using cement structures specially designed for lobsters. According to the most recent studies, the use of these reefs can be very effective in creating new shelter for lobsters and can also be used for expanding existing natural reefs. Since the beginning of the project over 60,000 structures have been installed along our coastal waters, all having the capacity of sheltering at least one lobster.
Lobster Hatchery and Seeding Projects

The hatchery project was created in 2002 with the purpose of conducting research to determine if lobster seeding can be used to effectively enhance natural lobster stocks. The project also aims at developing a simple and cost-effective hatchery technology, which will eventually be available to fishermen groups for pursuing their own seeding efforts. To date, experimental results have been very positive and enable us to think that we could see the development of large-scale seeding efforts in the near future. Within the last eight years of experimental work, over 1.5 million lobsters have been seeded.

This image shows the release of the stage IV lobster larvae. Once the reef has been established, a long tube is used to release the larvae at the reef site. Larvae can be released back into the waters as soon as the temperature reaches 10°C, but no later than mid-September. A rocky habitat is needed, less than 30 feet deep. From Burton (1992). Used with permission.

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Quality Management Program

Processed lobster products from Atlantic Canada are made from high-quality, freshly caught live lobster, under stringent Quality Management Program (QMP) standards. These products are packed to meet the regulatory import requirements of the international customer.

All handling and processing of lobsters in New Brunswick takes place in provincially-licensed and federally-inspected plants, where standards are second to none. In 1992, through a cooperative venture between industry and federal and provincial governments, Canada moved to the forefront of seafood-quality assurance by introducing the mandatory QMP. At its simplest, QMP requires all Canadian fish and shellfish processors to have systems which monitor their operations at critical points in handling and processing. These QMP plants are in compliance with HACCP and other global standards.

In an industry centered on a perishable product, consumers demand and reasonably expect the most stringent quality and inspection standards. Canada’s Quality Management Program makes just that commitment to seafood buyers. This program is one more assurance that customers who buy this region’s lobsters are buying the best quality in the world.

That commitment continues beyond the shipper’s gate. Informative and educational material to assist buyers in correct handling, storage and use of Atlantic Canadian lobster products is available through provincial departments of fisheries or the Lobster Council of Canada, as well as from individual processors. By working together, we ensure that the customer receives the highest-quality lobster available today.

Lobster ranks as Atlantic Canada’s most important marine species by landed value and exports, and also in terms of the employment and income it generates in hundreds of coastal communities throughout the region. Landed value has been as high as $685 million, with an overall product value at times exceeding $1.0 billion. About 25,000 are employed on vessels, and another 10,000 in shore-based shipping and processing facilities. The health of the lobster industry is vital to the health and success of the region’s coastal economy.

Atlantic Canada’s stringent fishery management combines with state-of-the-art handling and packing procedures to ensure a yearround supply of top-quality lobster.
The seasonal harvest structure in Atlantic Canada is set up to provide the highest quality possible, the overriding industry objective is to ship a full-meated, hard-shelled lobster.

Here’s how:
Lobsters grow by moulting, or shedding their shell. Wriggling free of the old armour takes just 5 to 20 minutes, the lobster then absorbs sea water over a period of four to five hours, gaining weight before its new shell forms – a size larger.

After a moult, typically in summer, the lobster is soft-shelled. Although it looks larger, up to two months pass before the absorbed sea water is replaced by new lobster meat. When cooked, a new moult reveals itself to be a smaller lobster hiding in a larger shell!

As the shell hardens, the meat’s texture and taste improves and the lobster acquires a denser, fuller feel. This tips off buyers to the premium quality of their lobster and the best value for money spent. Atlantic Canada’s fishing seasons are staggered to avoid summer moults and to consistently deliver the hard-shelled, full-meated lobster valued by consumers. For many fishermen, this means plying frigid waters at times of the year when the North Atlantic is at its most formidable.

The moulting process is triggered by warm water temperature and normally occurs during summer or early fall.

New Brunswick suppliers are able to store lobsters under ideal holding conditions to extend their availability. This combination of year-round harvesting and holding technologies gives our provincial suppliers the flexibility to meet whatever specifications individual buyers require.
Live Lobster has been shipped live around the world for many years. Since different sizes command different prices, live lobster is normally size graded for the market as follows:

- Mixed (450-650 g)
- Chix or 1 lb (450-550 g)
- Quarters or 1¼ lb (550-650 g)
- Halves or 1½ lb (650-775 g)
- 1¾-2 lb (775-900 g)
- 2-2½ lb (900-1 kg)
- 3-4 lb - SM Jumbo (1.36-1.82 kg)
- 4-6 lb MD Jumbo (1.82-2.73 kg)
- 6-10 lb LG Jumbo (4.50 kg)

Processed Lobster is processed into high quality fresh and frozen products that are sold to discerning customers around the world. Many different product forms (over 50) are produced to meet customer demand and the processing industry is very responsive to specialized customer specifications. The most common product forms are presented on the next page:
Frozen Whole Lobster

Frozen whole lobster is available fully cooked, blanched or raw. The lobster is graded, packed quickly frozen (IQF or bulk) and then packed in various packaging formats according to customer needs. The most common whole frozen products packed by New Brunswick processors are:

Frozen whole lobster vacuum pack: Individual lobsters (cooked, blanched or raw) are packed in vacuum skin packs and individually quick frozen (IQF). This specialized technology extends the shelf life of the product. This product is primarily a retail pack.

Grades: all sizes between ½ to 1 lb (250-454 g)

Frozen whole bulk pack: Whole lobsters (cooked, blanched or raw) are graded, packed and frozen. The number of lobsters per master carton depends on the size of lobster. This product is mostly a food service item where a whole box can be thawed out at the same time (no need to access the frozen lobsters individually).

Grades (pounds): ½, ¾, 1, 1¼, 1½, ocean run (a mix of all sizes)

Grades (grams): 250, 375, 454, 625, 775, ocean run (a mix of all sizes)

Grades (ounces): 8-10, 10-12, 12-14, 14-16, ocean run (a mix of all sizes)

Frozen whole netted lobster: Same as the bulk pack except each lobster is put in individual nets before packing that permits easier separation of the lobster by the end user without the need to thaw the entire box.

Grades: same as Bulk Pack

Frozen whole cooked lobster in brine: The lobster is cooked, graded, packed in laminated pouches with added brine, sealed and blast frozen. This product is mainly exported to Europe and is commonly known in the industry as the “popsicle pack.” Each master carton contains up to 10 lobsters (less for bigger grades).

Grades (pounds): ½, ¾, 1, 1¼, 1½

Grades (grams): 250, 375, 454, 625, 775
Frozen Tails in the Shell  
(raw or blanched)

**Bulk pack:** Raw or blanched tails are layered in trays, frozen and mastered in 10 lb (4.54 kg) boxes.

Grades (ounces): 2-3, 3, 3-4, 4, 4-5, 5-6, 6-7, 7-8, 8-10

**Individually quick frozen (IQF):** Raw or blanched tails are individually frozen, wrapped in cellophane and layer packed in 10 lb (4.54 kg) boxes. IQF tails are also packed in various retail packs (2 tails, 4 tails, etc.).

Grades: Same as bulk pack

Frozen Lobster Meat
(cooked, blanched or raw)

**Lobster meat:** normally packed in various meat mixes known as regular meat (tail, claw, knuckle and leg meat), CKL (claw, knuckle, leg), CK (claw, knuckle), broken meat (various pieces), salad meat and minced meat. Prices vary significantly between the different types of mixes and many processors will custom pack specialty meat mixes according to customer specifications.

**Pack sizes (all meat mixes):** Pack sizes (all meat mixes): 11.3 oz (320 g) can, 1 lb (454 g) VacPac, 2 lb (900 g) VacPac, various pack sizes according to customer specifications.

**Minced lobster meat:** Minced lobster meat is mechanically deboned body meat which is normally sold to industrial users for further processing. The most common product forms are 5 lb (2.5 kg) poly bags or various frozen block sizes according to customer specifications.
Frozen Split Lobster

Frozen split lobster: lobsters are graded, cooked and split in half, the cavity is cleaned and the splits are frozen IQF, packed in retail or food service packs according to customer specifications.

Grades: ¼ to ½ lb (125–250 g) range (half lobster portion weight)

Frozen Cocktail Claws (cap off)

Cocktail claws: The caps of the cooked claws are removed (for easy access to the claw meat), the claws are frozen IQF and then packed in various retail and food service packs according to customer specifications.

Grades: normally graded as small or large based on customer needs.

Frozen Scored Claws and Arms

Scored claws and arms: Cooked claws and arms in the shell are pre scored (normally 3 cuts) for easy snap and eat. This is an IQF product for both retail and food service markets and both the grade and pack format is according to customer specifications.

Grades: according to customer specifications

Frozen Culls

Lobsters that have lost one or both claws (sometimes called bullets) are bulk packed, frozen and sold as an alternative to whole frozen lobster.

Grades: all sizes either mixed or graded to customer specifications

Ultra High Pressure Process (UHP)

UHP, the latest technology in processing, allows for lobster meat to be detached from the shell leaving the raw flesh whole (tails, knuckles and legs) resulting in a higher yield per lobster. The UHP process leaves the tender texture and delicate flavor of the lobster meat in tact, and maintains all of its natural nutrients.

Fresh Lobster Products

New technology with modified atmosphere packaging has extended the shelf life of fresh lobster. This new technology boasts a decreased heat time, leaving the finished product more tender and less chewy. Pasteurized ready-to-eat lobster meat, with no preservatives, can be refrigerated fresh at 32-38 °F (0–3 °C), for up to 120 days.

Most of the frozen products presented above are also available fresh from the processors.
Other Lobster Products:

**Lobster bodies and lobster shells:** Frozen raw or cooked used in the industrial production of lobster flavors and lobster bisques. This product is packed in various industrial packs (55 lb/25 kg cartons or bags are common) of various sizes according to customer needs.

**Lobster tomalley:** Tomalley is the lobster liver, the light-green creamy substance found in the lobster’s body. This product is mostly sold to industrial clients for further processing (bisques, soups, patés, etc.). The most common product forms are 5 lb (2.5 kg) poly bags or various frozen block sizes according to customer specifications. A canned mix of tomalley and lobster roe is widely known as lobster paste or lobster paté.

**Lobster roe/caviar:** Lobster roe sometimes called “coral” or “caviar” is the eggs found in female lobsters during certain periods of the year. This product is available in several specialty packs.

**Lobster stock:** An all-natural concentrated stock used in the preparation of soups, bisques, sauces and fillings.

**Lobster meal:** Dried lobster shells ground to various sizes for various uses (fertilizers, etc.).

Lobster Inspired Products:

**Lobster butter:** With 45% lobster content, this product is an ideal sauce base and partner with other seafood preparations.

Available in 6 x 40 g and ½ lb (250 g) frozen.

**Lobster oil:** Use in place of butter, lobster oil is suggested for salads and pasta dishes.

Available in 1 cup (250 mL) bottle

**Lobster pâté:** Ideal for preparing hors d’oeuvres, baking and garnishing, this product has 60% lobster content.

Available in 6 ounces (180 g) frozen

The possibilities are endless!

Whether it is a pre-made bulk pack of lobster rangoons, or mince meat for use in salads and spring rolls, New Brunswick companies are very responsive to meeting your specialized specifications.
How to Store Live Lobster

Conservation and enhancement of the lobster biomass is of prime concern to the Canadian lobster industry. The fishery is strictly managed with widely-ranging regulations respecting all aspects of the industry.

The size of lobster available generally varies from ¾ pound to “jumbo.” In their natural state Canadian lobsters are generally greenish blue to brownish olive. Other shell colours occur occasionally such as white, yellow, blue or black. No matter what the colour, they all cook to red.

The key to successful preparation is to begin with excellent quality lobster. To ensure this, buy from a reputable supplier that maintains proper temperatures in shipping containers and handles the product with care and respect.

On receipt of a delivery, lobsters should be alive when you receive them. It is recommended that you check your shipment upon receipt. Shipping containers should be in good condition. The carton should be opened, lobsters removed and checked.

Look for movement when an individual lobster is lifted. In prime condition a live lobster will have its claws and snap its tail – in other words it will be active when handled or disturbed. Any lobsters with sluggish movement should be used immediately. Lobsters that are totally limp (dead) should be discarded.

Chef’s Tip

Lobster claws are banded at sea to prevent injuries in tanks and protect those handling them. To remove these elastic bands prior to cooking, grasp the lobster by the middle of the back and hold facing away from you. Use shears to cut the bands just prior to cooking. Handle with care getting pinched by these powerful claws is no laughing matter!

Lobster is in high demand. Advance ordering will ensure delivery when desired, in the form required.
Shippers of live lobster have developed special shipping boxes, which can be used to store them for several days. The length of time suggested to hold lobster is determined by the length of time in transit, the condition of the lobsters, quantity in the box, etc. Please refer to, and follow, your shipper’s instruction and suggestion.

Storage: In general, lobster will easily keep 36 hours out of water in a cool, damp environment. Being salt-water creatures, care should be taken to ensure they are not exposed to fresh water, such as fresh water ice or melt water. Store in the refrigerator on a tray covered with a damp cloth.

Estimated yield from live lobster: A 1 ½ lb (750 g) lobster yields approximately 1 ¼ cups (325 g) of meat. A 1 lb (454 g) lobster yields ¾ cup (200 mL).

Frozen Lobster

One of the benefits of frozen lobster is that it is fast frozen within hours of leaving the ocean, ensuring the highest quality and flavours are preserved. To maintain this quality it must continue to receive the utmost care and respect.

Proper receiving, storage and thawing are as essential to a delicious final result as is the preparation in the kitchen. These simple handling guidelines will ensure the highest quality product:

On receipt of a delivery: Check each case to see that it has been handled properly. A split or ripped carton, signs of dampness, or excessive dirt can all indicate trouble with the contents. Open on-site
to check for interior damage, crystallization and thawing. Check the temperature inside the middle of each case. Temperatures warmer than –18 °C (0 °F) may cause product damage.

**Storage:** Follow the processors instructions for storage. Product should be frozen hard on delivery and stored immediately in the freezer. Do not allow defrosted lobster to be refrozen. Mark every case with the day and date of delivery. Use a strict rotation routine. Under an ideal frozen temperature of -26 to -30 °C (-15 to -20 °F) or below, frozen lobster can be stored with no quality loss for up to nine months. Store frozen seafood away from freezer walls, and off the floor for good air circulation.

**Thawing:** The best way to defrost frozen meat is to immerse the unopened can or pouch in cold water, and place in the refrigerator. Thawing times vary according to the package size and quantity.

Allow approximately two hours per pound (454 g). Thaw whole frozen lobster in brine in the same manner. Allow three to five hours per package for thawing. Frozen whole lobster should be separated and placed on a tray in a refrigerator.

DO NOT thaw frozen lobster meat in warm water or at room temperature. This causes quality loss and drip-loss. If you wish to thaw small packs in a hurry – to use immediately – they can be set under cold running water. Always remember that frozen lobster products are not shelf stable unless frozen, and are best consumed within 24 to 36 hours of thawing.

**Preparation:** Once thawed, open the package or can and thoroughly drain the lobster meat. Pre-cooked meat is ready to eat, requiring only short cooking time if it is to be served hot. To retain flavour, never rinse pre-cooked lobster meat under cold running water.
Preparation

How to Prepare & Cook

The cooking time for fresh live lobster depends very much on personal choice, or cultural culinary preferences. In Canada, we tend to like our lobster quite well-done compared to France, where it is cooked for a much shorter time.

How Much: As a general rule of thumb allow a 1 to 1½ pound (454 to 775 g) lobster per person. However, do remember that lobster lovers can sometimes eat a few lobsters.

Boiling: The most popular method of cooking whole lobster is to boil it. Bring salted water* to a rolling boil – enough to fully cover the lobsters. Hold the lobster by the back, place head first into water, cover and simmer seven to ten minutes for the first pound (454 g) and two to three minutes for each additional pound. Start timing when water reaches full boil, and remember to increase the cooking time if more than one lobster is in the pot. Once the lobster is cooked remove from water.

Remember that lobster continues to cook in its shell even after removed from the cooking liquid – so take them out just before they are cooked, or cook until done then drop into iced water to cool and stop the cooking process, and to help detach flesh from the shell. To serve cold, refrigerate on its back until needed.

Steaming: Put 1 cm (½ inch) of water, 15 mL (1 Tbsp) of salt and a tablespoon of vinegar in a pot and bring it to a boil. Put the live lobsters in holding the lobster by the back, cover and steam for 15 minutes for a one-pound lobster (454 g). Add five minutes for each extra pound.

Poaching: Lobsters benefit from poaching because their natural flavor can be complimented by the addition of aromatic herbs and seasonings. To facilitate poaching

*1/2 cup (125 mL) coarse salt for 1 gallon (4.5 L) of water
prepare poaching liquid in one pan with herbs and seasonings such as lemon, chives, onion, celery. The liquid should be sufficient to completely cover the lobster. Simmer liquid to blend flavours.

Have a second pan of water at a full rolling boil. Place the lobster head first into the boiling water for one to two minutes. Then move it to the poaching liquid. Cover pan tightly and simmer gently (without boiling) until done. Test by tugging on an antenna, or small leg. They will easily pull away when cooked.

Pre-cooked lobster meat can be very gently poached for a short period of time, just to heat. For a particularly pleasing result, wrap lobster meat, lemon zest, parsley or chives, and a dash each of garlic and white wine in plastic wrap, (substitution: orange zest, dill, pepper and orange juice.) Place in simmering water and cook two to three minutes. There are endless possibilities for this confined poaching.

Test for Doneness: There are several ways to tell when a lobster is cooked

- An antenna will easily pull free when tugged.
- Force open the curled up tail and straighten it; release it quickly. If it snaps back into place with a sharp “clack” it is done.
- The meat is opaque marble-white and firm, rather than transparent and soft.

To Serve Whole Lobster: While true lobster lovers prefer to crack their own shell, most restaurants prefer to serve whole lobster that has already been “cracked”. It can be a messy business, so customers appreciate having it done for them.

Chefs are well advised to pay attention to how lobster is cracked so that it goes to the table with its shell intact maintaining its unique, classic appearance. If customers are cracking their own lobster they will appreciate a placemat with instructions on how to proceed.
Preparing a Cooked Lobster to Serve: Use a heavy knife to crack the claws part way through, leaving them intact for presentation. This leaves the customer with the enjoyment of the final break. It takes a little practice, but the skilled can make a nice clean cut with one chop of the knife. Knuckles can be given a similar treatment. The tail can be cut right through with a sharp knife from where the tail shell joins from the back to the flippers. Or, turn the lobster over and carefully snip the underside of the tail with shears, removing the spines so that meat can easily be removed without spoiling the presentation.

(Alternatives to using a knife to crack the claws involve the use of a claw or nut cracker, or cover the area with a cloth and hit with a rolling pin. These tools tend to break the shell, rather than giving the clean cut, which is better for presentation purposes.)

Remember Canadian lobster are harvested in their hard shell state to ensure the best flavour, meat texture and yield from sea to table.

To remove raw meat from the shell: Place live lobster in boiling water for only one minute. This will humanely kill the lobster before attempting to extract the meat, and allow the meat to more easily come away from the shell. Use immediately.

(Companies now offer raw meat product already extracted using ultra high pressure techniques, saving you time and giving cost benefit.)
To Split Raw Lobster for Broiling/Grilling:

1. Place live lobster in boiling water for only one minute to humanely kill the lobster. Locate the well-defined cross on the back of the head. Pierce firmly with a sharp, heavy knife, with the sharp edge of the knife facing towards the tail. Continue the cut down the back, splitting lengthwise.

2. Extract the cartilaginous stomach sac from near the head, along with the gills, and discard. It will probably have been divided by the knife so look for it in each half of the shell. Check for any pieces of broken shell and remove.

3. Remove and discard the thin intestine that runs from head to tail. (It may have been cut, so again, check both sides of the shell.)

4. If you plan to use the tomalley (liver) in a sauce, remove the soft green-grey, or creamy organ. It can be left in place for broiling and should never be thrown away as it is delicious. Roe, also delicious, can be removed for a sauce or left in place. It appears as a shiny-green-black substance when raw, turning brilliant red when cooked.

To Broil: Lay the split lobster on a broiling pan and brush lightly with butter, place under the broiler about 4 inches below the heat source. A 1½ pound (775 g) lobster takes approximately 15 minutes to cook. Serve with butter and lemon wedges. Raw lobster tails will cook much faster.

Use your own marinade or basting sauce, or remove the meat and combine with a stuffing... the options are endless.

Male or Female?
Although there is no officially declared difference in taste or quality between a male and female lobster, there are always some people who express a preference for one or the other. The female brings with it a chance for the often favoured roe.

Mature males have larger claws, longer bodies, narrower tails and weigh more than females of the same length.

One of the most striking differences is in the first of the five pairs of swimmerets or small “paddles” on the underside of the tail. On the male the first pair are larger than on the female, hard, smooth and tapered.
The Ultimate Finger Food

People love eating with their hands – it’s fun and slightly daring. The very act of cracking a lobster shell and seeking out morsels of luscious meat creates an informal camaraderie and excitement that can ensure a successful evening, and bring diners back again and again. If whole lobster isn’t on your menu try lobster pitas, fajitas, burritos, sandwiches or even better fondue, shabu shabu or oriental hot pot. To ensure your customers’ enjoyment, follow these simple steps:

In the dining room:

1. When taking the order ask who prefers their lobster cracked in the kitchen. Some prefer to do it all themselves.
2. Ensure everyone has claw crackers and picks.
3. Supply several strong napkins and moisturized wipes. One of each is not enough!
4. Supply a bib for each diner and have the wait staff offer to put them on and tie them. It gets people into the spirit of things.
5. Supply a container for discarded shells.
6. Train wait staff to demonstrate how and where to crack and pick, but not to do it for the diner unless asked. They should also be able to answer questions about lobster.
7. Ensure that wait staff keep an eye on diners while they eat their lobster. If they get into trouble cracking, or a mess with the shell, have them step in and quietly assist.

In the kitchen:

1. Select healthy, good looking lobster with all claws and legs intact. Any with blemished or scarred shells are better served split, or used for meat.
2. Ensure lobster is well drained before going to the table. Hold them so that the head is down and allow to drain.
3. Pre-crack claws and knuckles, and split the tail if the customer desires; taking care not to spoil the appearance of the lobster.
How to Eat a Lobster

At the Table (if not already “cracked”):

1. Twist off the claws 1 and break apart the knuckles 5. Bend back the hinged “thumb” or pincer of the claw until it breaks off – there is meat inside, which can be picked out with a fork tine or pick. Stand the claw on edge and use a strong knife to chop into the shell. Once the knife is in carefully twist and the shell will separate. This will keep the meat whole. You can also use claw or nut cracker. Use the same method for knuckles or insert the small end of a spoon and scoop the meat out.

2. Separate the tail 2 from the body 3 by twisting to one side until it breaks free. Break the flippers off the tail. Insert a fork where the flippers broke off and push the meat out of the tail. Taking the tail meat in one hand, peel back the flap that begins at the flippers. You will expose the black intestinal vein, which should be removed and discarded.

3. Unhinge the back shell 3 from the body and open it by cracking apart sideways. Delicious tender meat lies between the body and outer shell. As well, small morsels are located within the body – much like “picking a chicken”. Don’t forget the green tomalley – some think this is the best eating in the whole lobster. The red roe, in female lobsters, is also favoured by many.

4. Finally, meat can be found in each of the legs 4. Break off the tiny claw and then suck or squeeze out the morsels of meat.

5. The entire lobster can be eaten, except the stomach sac, which is located behind the eyes. ANB company now offers prepared stocks, which are as flavourful as your own prepared one. This cuts down on the kitchen preparation time.
Nutritional Value:

Lobster contains protein. There is no saturated fat, and few calories in this healthy seafood.

<table>
<thead>
<tr>
<th>PER SERVING</th>
<th>BOILED LOBSTER 100 G MEAT (3.5 OZ)</th>
<th>CANNED LOBSTER 100 G MEAT (3.5 OZ)</th>
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<tbody>
<tr>
<td>Energy</td>
<td>93 calories</td>
<td>95 calories</td>
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<tr>
<td>Energy</td>
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<tr>
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<tr>
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<tr>
<td>Potassium</td>
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**Tips of the Trade**

**Money Savers**

**To Make Lobster and Seafood Stock:** Save time and obtain from a NB supplier or freeze lobster and shrimp shells as you accumulate them until you have enough for making a batch of stock. Combine three well-crushed lobster shells with shells from three pounds of shrimp and three cups (750ml) dry white wine. Simmer over low heat until ½ to ⅓ of the original liquid remains. Drain, straining to remove all shell. Let cool. Use in sauce, soup, chowder, stew or any recipe requiring seafood stock.

**To Make Lobster Butter:** Save time and obtain frozen from a NB supplier. Delicately pink, delicious butter can be served on fish, lobster and vegetables. Adds richness to a seafood chowder, bisque, soup or cream sauce. Dry the reserved shell of a large lobster in the oven 15 minutes at 120 °C (250 °F). Place shell into a sturdy plastic bag and crush or pound until fine. Melt ¼ pound butter in the top of a double boiler. Add the ground shell and 2 tbsp water. Simmer 10 minutes, being careful not to let it boil. Line a sieve with cheesecloth or a coffee filter and strain into a bowl of ice water. Refrigerate. Skim off the lobster butter when hard. Imagination is the key to an exciting, and profitable menu. Lobster can be used to make any standard menu item more special.

**Salads – A Star Item:** Following recent trends of increased health and fitness concern, salads have come into the spotlight. Fresh, quality, lobster is perfect for showcasing ingenuity and creativity. The presentation possibilities created by the colour, texture and taste of lobster can be incorporated in many ways and different cuisines. Well created lobster salads open a world of flavour opportunities that can enhance the reputation of any eatery.

**Soups ´N’ Chowders:** The ultimate comfort foods can build on tradition or present new-spirited creative flair. A little goes a long way. A bonus is the opportunity to gain extra flavour from reserved shells to use as an economical, yet very flavourful base.

**Build Profits With Super Sandwiches:** The old-fashioned lobster roll is as popular as a lobster boil or seafood chowder. Simple but delicious, it combines lobster meat, mixed with mayo, and sometimes a dash of mustard on a roll with shredded lettuce. As popular as this traditional fare is, lobster can take the sandwich to new heights. By adding this premier ingredient, you can receive premium price and indulge your customer in new pleasures.
Beautiful, Bountiful Buffets: Want to promote a seafood bar or buffet with lobster without the cost of whole lobsters? Try a glorious lobster salad, chowder, soup or stew. Lobster holds up well in this type of presentation, and goes a long way. To add to the lobster presence of your buffet, use preserved (dried) shells of whole lobster (lightly oiled if necessary), photographs on nearby walls, claws as garnishes, replicas of lobster traps or even imitation lobsters.

There is no individual seafood used more often in promotion and marketing efforts than the classic red lobster. Hotels, resorts, restaurants and special events use lobster in their advertising so often that it has become established as the “King of Seafood” in the consumer’s mind.

Easily recognizable as a premium seafood, Canadian lobster can be the focal point around which any promotional campaign pivots. Lobster remains a dish that people would rather eat out for a special occasion even though it is very easily prepared at home.

Canada works hard to maintain its reputation for high-quality seafood that is harvested from cold, clear waters and processed at facilities that maintain the highest standards of cleanliness and safety. Capitalize on our reputation by labelling lobster as “Canadian” on your menu.

Chefs’ Tips

Use only the best ingredients – with Canadian lobster, that just comes naturally!

An old-time trick is to put a little vinegar in your cooking water, to help the flavour and makes the shells a beautiful, brilliant red.

Lobster is naturally tender. Overcooking will not only make the meat dry, but tough and tasteless as well.

If you have lobster to hold, but no special carton or holding tank, dampen several layers of newspaper by soaking in a pan of water. Place the paper on a flat surface, and roll individual lobsters up in the paper, enclosing them completely. Placed in the refrigerator, they will keep several days. They should be checked daily.

Canadian lobster has the added benefit of answering the consumer demand for “good-for-you” seafood as it is both low in fat and calories.
Lobster Academy™ Training Partnership

How you can learn more

Dedicated to advancing the value of the North American lobster and offering a unique educational opportunity, Lobster Academy™ bridges the production environment with a natural setting, and connects buyers with industry experts. In this challenging economic climate, honing skills and strategy take on even greater importance.

Providing comprehensive and practical training, Lobster Academy™ is very much a hands-on experience for buyers and chefs to learn about the harvesting and processing of lobster. Participants experience a demonstration aboard a working lobster boat, an introduction to dockside handling; production facility and processing, grading techniques to evaluate the size and condition of live lobsters, and cooking demonstrations with food cost discussions. Coupled with intensive classroom programming, this educational experience is a must for anyone who purchases and handles lobster.
The three-day Lobster Academy™ events combine lectures with facility tours and demonstrations, about topics reflecting industry issues like traceability, sustainability certification, demand, pricing issues, processing and marketing. Classes with a maximum of 20 people will include representatives from domestic and international food service, retail, and distributors.

Lobster Academy™ is held in the town of St. Andrews and on pristine Deer Island, situated on the Bay of Fundy (perfectly located between Maine and Canada). Flights can be made into two different nearby airports.

| Flights into Saint John, New Brunswick: If travelling to this pick up point by plane or by car, travel arrangements will be coordinated for transport to hotel. Please note approximate travel time of 1.5 hours to St. Andrews. |
| Flights into Bangor, Maine: If travelling to this pick up point by plane or by car, travel arrangements will be coordinated for transport to hotel. Please note approximate travel time of 2.5 hours to St. Andrews. |
| Hotel Accommodations: Lodging is available at the Huntsman’s Anderson House located in St. Andrews, New Brunswick. |
Testimonials

“This past October I had the opportunity to attend the first Lobster Academy event hosted in St. Andrews and on Deer Island. In these tough economic times, we need to carefully manage the value of each product that we purchase. “Education is always an important aspect of doing business, and it is excellent news to hear that Lobster Academy will continue to host sessions over the coming years. It would be my recommendation for any retail or foodservice buyer who is considering purchasing lobster to attend.”

- Murray Melkenhous, Vice President of Purchasing, Houlihan’s Restaurants

“Lobster Academy™ recognizes the lobster reach well beyond the fishery to touch the various support industries such as boat building and repair; trap, rope and fishing supply businesses; fuel dealers; banks and insurance companies; and others. It touches seafood-processing businesses, bait suppliers, the restaurateurs, the craftsman and artisan, the tourism trade, and the cultural heritage and identity of nearly every coastal community on the North Atlantic seaboard”.

- Robert Bayer; Lobster Institute

For more information, please contact:
Christina Ferranti-Clift
christina@lobster-academy.com
781.593.1737, ext. 143
www.lobster-academy.com

A sampling of honoured alumni from companies around the world:

- Albion Foods -Division of Gordon Food Service (Canada)
- Dorothy Lane Market (USA)
- Innova Seafood (South Korea)
- Hans Kissle Co., LLC (USA)
- Hanssons Fisk AB (Sweden)
- Houlihan’s Restaurants (USA)
- Kroger (USA)
- Nestle Prepared Foods USA- Joseph’s Pasta Division (USA)
- Pomona Bureau d’achats Marée (France)
- Rastelli’s Foods (USA)
- Ruby Tuesday International (USA)
- Santa Monica Seafood (USA)
- Sobeys (Canada)
- Thrifty Foods-Division of Sobeys (Canada)
- Tryst Gourmet, LLC (USA)
- Verso Brokers (Italy)
- World of Fishes (Dubai)
# Sample Curriculum

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<thead>
<tr>
<th>Day 1</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6 pm</td>
<td></td>
<td>Welcome &amp; Overview: Overview</td>
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<tr>
<td>7 pm</td>
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<td>Group Dinner – (Guest Speaker)</td>
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<table>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Prepare to get “hands on” training</td>
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<tr>
<td>7:30 am</td>
<td></td>
<td>Breakfast opens</td>
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<tr>
<td>8:00 – 8:45 am</td>
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<td>The opportunities for marketing Lobster</td>
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<tr>
<td>9:00 – 10:15 am</td>
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<td>State of the Lobster Industry, Challenges and Opportunities; Major producing Lobster countries, pricing relationship amongst lobster species, value forecasts, live vs. processed global demand and challenges, emerging markets</td>
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<tr>
<td>11:00 am</td>
<td></td>
<td>Departure for Deer Island, Boat (weather permitting) Whale Watch Tour and visit to lobster fishing grounds; Narration on lobster biology</td>
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<tr>
<td></td>
<td></td>
<td>Lunch on board, Arrive Deer Island 1:30 pm</td>
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<tr>
<td>2:00 – 4 pm</td>
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<td>Paturel Plant Tour &amp; Workshops (Live and Frozen Processing), Deer Island Actively participate in the Lobster Grading Process; Pack Lobster for real time shipments across the globe, Actively participate in processing and freezing lobster.</td>
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<tr>
<td>4:30 pm</td>
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<td>World Famous Lobster shack; Harbourside Surf &amp; Turf and Networking.</td>
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<table>
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<tr>
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<tbody>
<tr>
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<td>Breakfast opens</td>
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<td>8:45 – 10:00 am</td>
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<td>Industry Overview and Resource Supply Status; Overview of Lobster Landings US and Canada, Global Consumption of Lobster: An Assessment of Live and Processed Markets &amp; Opportunities</td>
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<td>10:30 – 11:45 am</td>
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<td>Lobster Certification</td>
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<td>Noon – 1:30 pm</td>
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<td>Lunch, Lobster cooking demonstrations and menu considerations</td>
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<td>1:30 – 2:45</td>
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<td>Lobster Sustainability and Hatchery Efforts,</td>
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<td>3:00 – 4:00 pm</td>
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<td>Closing and a buyers perspective; Lobster Pricing - Boat to Plate</td>
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<tr>
<td>4:00 – 4:00 pm</td>
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<td>Final Exam</td>
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<tr>
<td>6:30</td>
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<td>Graduation Dinner</td>
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Glossary

Banded: A strong elastic is placed around the claws of live lobster for handling and to preserve quality

Jumbos: Whole lobster weighing more than 3 lb (1.40 kg)

Berried Lobster  A female with eggs under her tail. In Canada, by law, berried females are returned to sea. (see page 15)

Blues  A lobster that is blue in colour; a rare occurrence (see page 20). Lobsters can have a mottled appearance (or even colour, varying in shades), or also rare white or yellow shells. This is a pigment only and does not affect the flavour or texture. All lobster turns red when cooked.

Brine  Salt water

Canners  A small lobster, weighing ½ to 1 lb (250–454 g)

Carapace  Body shell, measured from the back of the eye socket to the end of the shell. This measurement is used to determine legal size. (see page 14)

Chixs  Also known as ‘chickens,’ is a lobster weighing approximately 1 lb (454 g)

Cold Pack  Frozen lobster meat, packed in cans, not retorted. Frozen storage required.

Coral  Internal roe or eggs

Crusher: The larger of the two claws

Cull  A lobster with one or no claws, normally sold at a lower price

Districts  Regions in Atlantic Canada where lobster fishing is open at specific times of the year (seasons). The division into districts allows control of the harvest, insuring the highest quality.

Halves  Lobster weighing 1.5 to 1.75 lb (600-800 g)

Hard Shell  A lobster whose shell has fully hardened after moultung. Hard-shell lobsters yield 50-60% more meat than soft shell or shedders. Hot Pack Canned lobster, retorted and shelf stable.
Pound: A storage area for holding live lobster

Trap: A cage structure used to catch live lobster

Markets  A size category for lobsters weighing 1 to 3 lb (454-1.40 kg)

Pincher Claw  The smaller claw

Popsicle Pack  Term used to describe a whole cooked lobster, packed in brine in a cello sleeve and frozen

Quarters  Lobster weighing 1.25 to 1.5 lb (525–600 g)

Seasons  Specific periods in the year when a particular area or region can be fished (see page 13)

Selects  Lobster weighing 2 to 2.5 lb (900–1 kg)

Shedders  Lobster in the moult or soft shell stage of growth

Soft Shell  A lobster after it moults, or sheds its hard shell. The new shell remains soft for a period of time, to facilitate growth. During this soft-shell period the meat yield is low, and meat texture and flavour are poor.

Tomalley  Green coloured liver of a lobster