

A close-up photograph of a live Atlantic lobster resting on a wooden fence. The lobster's body is dark blue with orange and yellow mottled patterns. Its long antennae are extended forward. The background is a blurred green field.

# FOOD SERVICE GUIDE

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## Atlantic Lobster

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ATLANTIC CANADA'S FINEST



# Atlantic Canadian Lobster

## A Delicious, Healthy Protein

Atlantic Canadian lobster is one of the healthiest foods you can eat. Lobster has so many vitamins and nutrients that it is akin to taking a multi-vitamin or health supplement. At less than 100 calories per serving (89 per cent of calories from protein), Atlantic Canadian lobster is a great meal choice for any diet.

Nutritional Analysis	
per 100 g of steamed meat	
	Amount
Energy	98 cal
Protein	20.57 g
Fat	0.6 g
Cholesterol	72 mg
Carbohydrates	1.3 g
Minerals	1.6 g
Sodium	380 mg
Potassium	352 mg
Calcium	61 mg

Nutrition Comparison Chart		Caloric Breakdown (%)			Saturated Fats (grams)	Cholesterol (milligrams)
Serving Size 100g (3.53 oz)	Calories	Carbohydrates	Fats	Proteins		
Canadian Atlantic Lobster	98	6	5	89	0.1	72
Turkey - Light Meat	157	1	18	81	1.0	69
Chicken - Light Meat	173	0	24	76	1.3	85
Ground Beef - Extra Lean	193	0	35	65	3.6	89
Atlantic Salmon	206	0	54	46	2.5	63
Pork Loin - Lean	209	0	42	58	3.5	81
Beef - Top Sirloin	219	0	43	57	4.1	79

© Barrett & McKay / Tourism PEI



© Perry Jackson

## The Incomparable Atlantic Canadian Lobster

Succulent and sweet, Atlantic Canadian lobster is one of the most sought-after seafood in the world.

Known as “the King of Seafood,” the Homarus Americanus is prized for its hard shell, full-meat qualities and large claws.

Found in the pure and icy waters of Canada’s Atlantic Ocean, Atlantic lobster is one of the most delicious and nutritious sources of protein you can find. It’s the star of any dining experience whether it’s simply boiled and served with butter, grilled on the barbecue or featured in a creamy chowder.

Atlantic Canada’s lobster fishery is sustainable and steeped in tradition, with independent fishermen harvesting these wild crustaceans for your plate.

## Atlantic Canadian lobster is:

- ➔ Low in fat and carbohydrates while high in protein
- ➔ Contains less saturated fat, calories and cholesterol than many lean favorites such as pork, extra lean beef, and white chicken meat
- ➔ High source of heart-healthy omega-3 fatty acids
- ➔ A good source of vitamins and minerals, including B12, copper, selenium and phosphorus

## Atlantic Canadian lobster is:

- ➔ Absolutely delicious
- ➔ Healthy
- ➔ An experience to eat and enjoy
- ➔ Available year round
- ➔ Available in many convenient product forms
- ➔ Impressive no matter how it’s prepared
- ➔ Wild-caught by our independent fishermen
- ➔ A quality food that people are willing to pay more for





# Atlantic Canada’s Sustainable Lobster Fishery

Harvesting wild lobster is steeped in tradition in Atlantic Canada. Independent fishermen rise with the sun and head out to the cold and clean waters of Canada’s Atlantic Ocean to tend to their traps along our region’s rugged coastline.

Over half the world’s supply of North Atlantic lobster comes from Atlantic Canada. The region’s fishermen are fiercely proud and protective of this valuable resource.

The lobster fishery is carefully structured and managed to bring the highest quality lobster to market year-round. The region’s waters are divided into areas, each with its own season, varying in length from eight weeks to six months. Typically, lobster season in Atlantic Canada peaks in the spring and late fall. But at least one district is always open, so there is a secure year-round supply of top quality lobster.

Lobster harvesters use traditional methods to fish lobsters. Traps are attached to a rope and a buoy, sent down and hauled in to retrieve the catch. This is hard work in often challenging weather conditions, but this method minimizes the impact on the sea floor.

Each lobster is pulled from the trap by hand, inspected and measured. Female lobsters bearing eggs as well as small lobsters are released to ensure the sustainability of this incredible natural

resource. Only a limited number of fishermen are licensed to catch lobster. Each fisherman has a specific number of traps – typically 200 to 300 – that he or she can harvest within a specific season. Lobsters grow by moulting, or shedding their shell. After a moult, typically in summer, the lobster is soft shelled. The seasons for harvesting lobster are staggered to protect the vulnerable summer moults.

Fishermen also use traps that contain escape mechanisms to reduce the retention of undersized lobster as well as biodegradable panels and rings to ensure that traps lost at sea do not continue to catch lobster and other species.

After harvesting, lobsters are carefully maintained in tidal ponds and inland seawater holding tanks that mimic the natural environment. Careful monitoring ensures water purity and the optimal temperature as the lobsters are conditioned for travel.

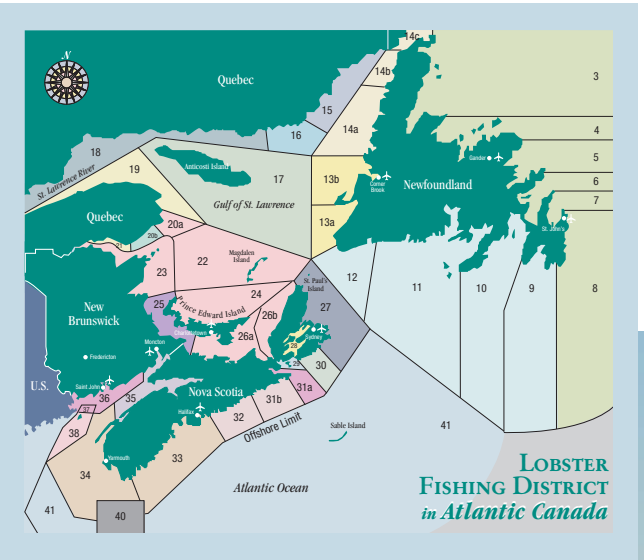


Photo Courtesy of: Province of Prince Edward Island

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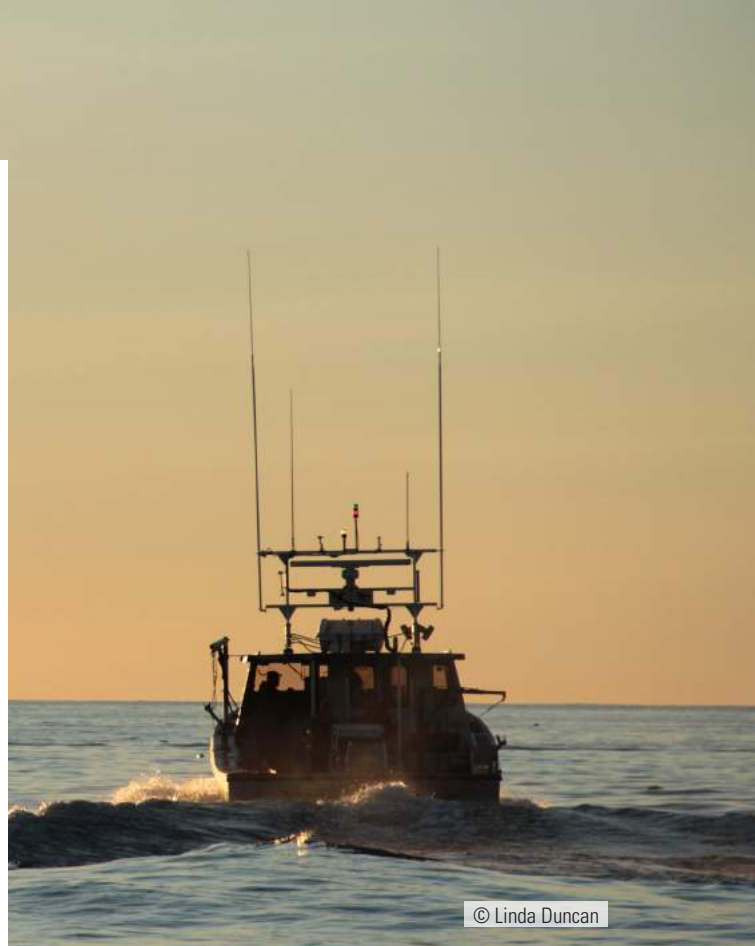
## Quality Lobster, Always

About half of Atlantic Canada's landed lobster is graded and shipped live around the world. The rest is processed into high quality fresh and frozen products that are also sold around the world. Hundreds of product forms are produced to meet customer demand and the processing industry is very responsive to specialized customer specifications.

All lobster processing facilities are provincially licensed and federally registered and adhere to the requirements of the internationally recognized Quality Management Program. This program is enforced and monitored by the Canadian Food Inspection Agency through regular plant audits.

Lobster slated to be processed are briefly stored in refrigeration units until they are cooked or processed for raw meat products, usually the same night they were caught. New technology allows processors to quick-freeze whole cooked lobsters and processed lobster meat. Quick freezing preserves the natural juices and flavors. The short time between harvesting and processing ensures that the lobster tastes as fresh as the day it was caught.

Atlantic Canada is a world leader in its ability to identify and track all stages of the harvesting, production, processing and distribution of its lobster.



© Linda Duncan



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### THIRD PARTY CERTIFICATION

The fishery conservation and management system in Atlantic Canada is regarded as one of the most stringent and sophisticated in the world. In addition, Canada's lobster fishery is undergoing third party eco-certification to ensure consumers are choosing seafood sourced from a sustainable fishery.

### DID YOU KNOW?

It takes a lobster six to eight years to reach a market weight of approximately one pound. Lobsters grow quicker in warmer water and can achieve market weights in less time.

## Product Types

- ➔ **Live lobster** – Packed in lined cardboard boxes, divided with individual holding sleeves
- ➔ **Frozen raw lobster tails** – Tails individually quick frozen
- ➔ **Frozen whole cooked lobster (in brine)** – Product cooked, graded, packed in laminated pouches with brine, sealed and blast frozen
- ➔ **Frozen whole cooked lobster** – Lobster cooked, placed in a tray, frozen, graded, packed in corrugated sleeve
- ➔ **Frozen whole cooked lobster** – Lobster cooked and vacuum packed in light brine or wrapped in wax paper
- ➔ **Blanched whole frozen lobster** – Lobster blanched, cooked or raw, individually packed in net
- ➔ **Frozen lobster meat (vacuum packed)** – Lobster cooked, meat manually removed from shells, which include tail, claws, tail/claw combinations and/or knuckle meat, vacuum-packed, blast frozen
- ➔ **Frozen lobster meat in cans** – Lobster cooked, shucked, meat packed in cans with brine, blast frozen
- ➔ **Minced lobster meat** – Minced lobster meat, packed in poly bags and frozen
- ➔ **High pressure processing** – Raw meat in various forms, packed for foodservice use
- ➔ **Other specialty products cooked and raw in the shell include** – Scored claws, claws cap-off, pre-cut for convenience and available in foodservice and consumer packs

*Note: Package sizes and products available vary by processor and can be processed to your specification.*



Photo Courtesy of: Province of New Brunswick



## Storage and Handling

### LIVE LOBSTER

A live lobster in prime condition will display movement in its claws and will snap its tail if it is disturbed. Shipped lobster should show signs of movement when lifted. Any lobster with sluggish movement should be used immediately. Lobsters that are totally limp (dead) should be discarded.

Live lobster will keep 36 to 40 hours out of water if kept in a cool damp environment (refrigerator) and are kept moist with a dampened towel or newspaper in an open container.

It is important to remember that lobsters are salt water creatures. Do not store lobster in fresh water or in melt ice.

Live lobster come with bands placed around their claws to protect handlers. Cooking the lobster with the bands in place will transfer the taste of rubber throughout the delicate meat. To safely remove the bands, take both the left and right claw in your left hand, cross the claws over one another eliminating the possibility of being pinched. Once the claws are crossed, remove the rubber bands with your right hand and leaving the claws crossed, submerge the lobster into the pot head first.

© Mike Hall

### FROZEN LOBSTER

Ensure the processed lobster meat is fully frozen when purchasing or at the time of receiving a shipment. Temperatures warmer than -18°C (0°F) may cause product damage. Under ideal frozen temperatures 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.

Photo Courtesy of: Lobster Council of Canada

### THAWING

For best results, the unopened can or pouch of frozen lobster meat should be immersed in cold water and placed in the refrigerator. Thawing times vary according to the package size but approximately two hours per pound.

Thaw whole frozen lobster in brine in the same manner allowing three to five hours per package for thawing. Frozen whole lobster should be separated and placed on a tray in the 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, they can be set under cold running water. Always remember that frozen lobster products are not shelf stable unless frozen. The lobster meat is best consumed within 24 to 36 hours of thawing.

Once thawed, open the package or can and thoroughly drain the lobster meat. Pre-cooked meat is ready to eat, requiring only a short cooking time if it is to be served hot.

© Mike Hall



# How to Cook Lobster

## COOKING LIVE LOBSTER

Lobster must be alive before you cook it. Lobsters that are totally limp should be discarded.

Boiling and steaming are the most popular and traditional ways to cook live lobster and the method of choice if you want to serve diners a whole lobster. Boiling is a little quicker and easier to time precisely, and the meat comes out of the shell more readily than when steamed.

For recipes that call for fully cooked and picked lobster meat, boiling is the best approach.

In contrast, steaming is more gentle, yielding slightly more tender meat. It preserves a little more flavor and it's more forgiving on the timing front. It's harder to overcook a steamed lobster.

When partially cooked lobster meat is needed for a dish, parboiling is the perfect option. Parboiling, or blanching, cooks the lobster just enough so that the meat can be removed from the shell. Then chill the meat and reuse it later in a dish that calls for further cooking.

## SEA WATER OR SALTED WATER?

Lobster boiled or steamed in sea water maintains its characteristic ocean taste. But not every cook has access to a few gallons of the Atlantic Ocean, so boiling or steaming in well-salted water is the next best thing.

## BOIL

Use sufficient salted water — one cup of sea salt per gallon of water — to fully cover all the lobsters, but do not put lobsters in the pot until the water is boiling. Grasp the lobster by the back and plunge it headfirst into the boiling water. Cover and simmer eight to ten minutes for the first pound and two to three minutes for each additional pound. Remember to increase the cooking time if more than one lobster is in the pot.

Be sure to begin the timing of the cooking after the water has returned to a boil and not from the time of submersion.

Cooked lobsters will turn bright red. When the antennae pull out easily, the lobsters are done.

Once the lobster is cooked, remove it from the water. The lobster will continue to cook in its shell even when removed from the cooking liquid — so take them out just before they are cooked or cook until done and then place into ice water bath to cool and stop the cooking process.

If you plan to serve the lobster cold, refrigerate it until needed. The lobsters should be stored on their back to prevent loss of juices that could result in a dry product.

## Cooking Times

The suggested guidelines below are appropriate when cooking one lobster at a time or several lobsters of the same size.

For timing, use the weight of individual lobsters, not total weight of all lobsters being cooked.

IF THE LOBSTER WEIGHS:	BOIL:
1 pound	8 – 10 minutes
1 ¼ pounds	9 – 11 minutes
1 ½ pounds	11 – 12 minutes
1 ¾ pounds	12 – 13 minutes
2 pounds	15 minutes
2 ½ pounds	20 minutes
3 pounds	25 minutes
5 pounds	35 – 40 minutes



PARBOILING / BLANCHING

Follow directions for boiling lobsters. Cook two minutes. It’s easiest to remove the meat while the lobsters are still warm. If you will be cooking them further in the shell, plunge the partially cooked lobsters into ice water to stop the cooking. Drain and refrigerate until ready to use. The lobsters should be stored on their backs to prevent loss of juices that could result in a dry product.

STEAM

Put ½ inch of water, a tablespoon of salt in the pot and bring to a boil. Put the live lobsters in the pot, cover and steam for 15 minutes for a one pound lobster. Add five minutes for each extra pound.

BUTTER POACHING

Butter poaching is an elegant and delicious way to serve lobster. Butter poaching is done by removing the meat from a par boiled lobster and gently poaching it in melted butter. This should be done at a gentle simmer and never a boil. For best results, this method should be prepared a la minute.



Photo Courtesy of: Province of Prince Edward Island

BROIL / GRILL

Place live lobster in boiling water for only one minute to humanely kill it. 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.

Extract the cartilaginous stomach sac from near the head along with the gills and discard. Check for any pieces of broken shell and remove. Remove and discard the intestine that runs from head to tail. It may have been cut so check both sides of the shell. If you plan to use the tomalley or liver in a sauce, remove the soft green-gray, or creamy organ. It can be left in place for broiling and should not be thrown away, as it is a delicious. Roe, also delicious, can be removed for a sauce or left in place. It appears as a shining green-black substance when raw, turning brilliant red when cooked.

FOOD SAFETY NOTE:

Be aware of possible cross contamination from the lobster’s head and intestine. Many restaurants choose to serve the lobster cut cleanly in half. It is important to remember that toxins in the head and the waste tract located in the tail can both cause cross contamination if punctured and then pulled throughout the meat by way of the knife. Always cut your lobster on a slight angle to avoid this.

TO BROIL

Lay the split lobster on a broiling pan and brush lightly with butter; place in the broiler about four inches below the flame/element. A 1 ½ pound lobster takes approximately 15 minutes to cook. Serve with drawn butter and lemon wedges. Use your own marinade or basting sauce or remove the meat and combine with a stuffing.

TO BARBECUE

Prepare barbecue (medium-high heat). Keeping lobster halves meat side up, brush shells with olive oil or butter. Place halves, meat side up, on barbecue. Brush meat with oil; sprinkle with salt and pepper. Cover barbecue; grill lobsters until just opaque in thickest portion of tail, seven to nine minutes.

PREPARING PRE-COOKED LOBSTER

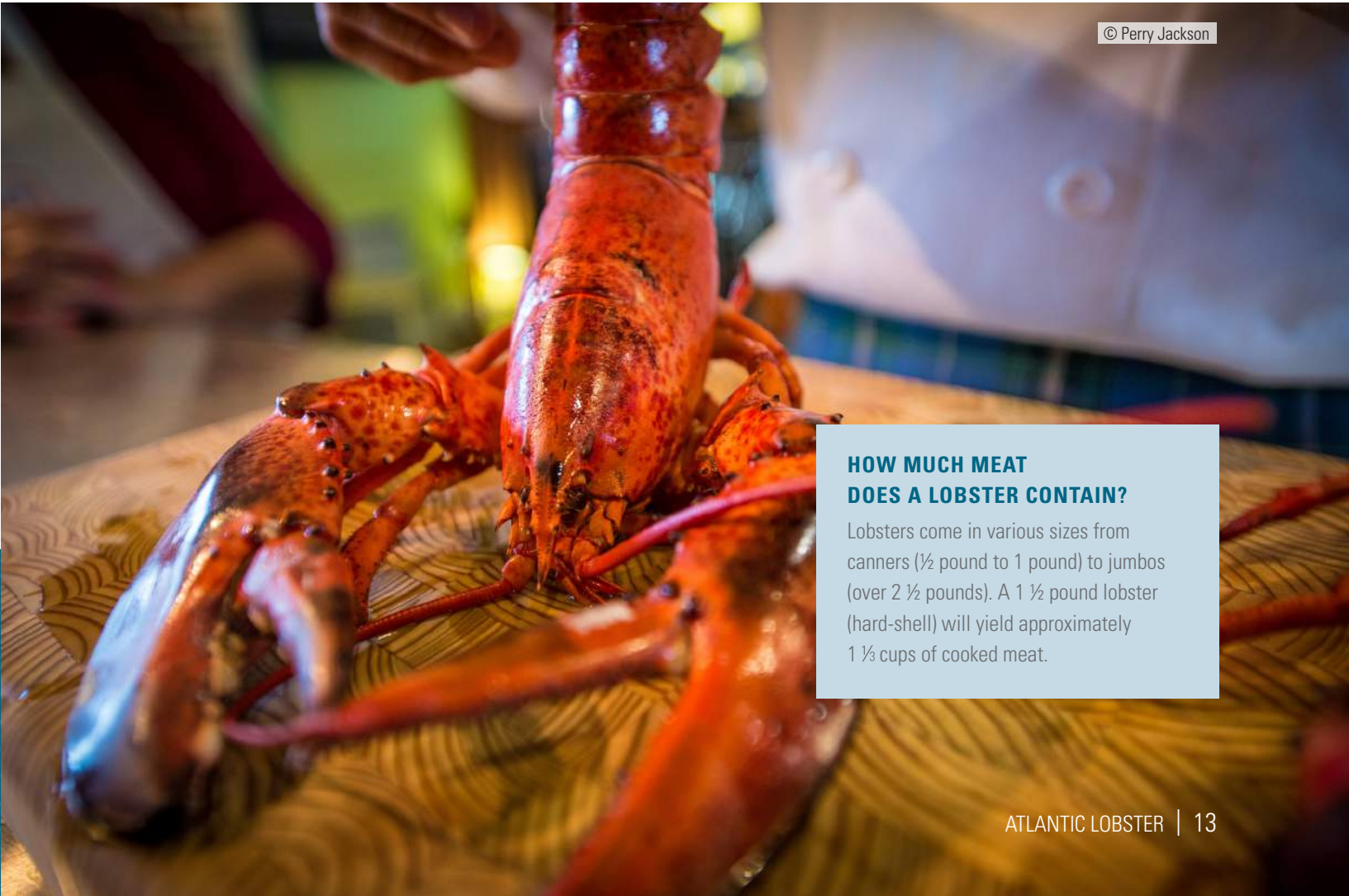
Pre-cooked lobster meat can be very gently poached for short period of time, just to heat it. For a particularly pleasing end result, wrap lobster meat, lemon zest, parsley or chives, a dash of garlic and white wine in plastic wrap. (Substitution: orange zest, dill, pepper and orange juice). Place in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



Photo Courtesy of: Province of New Brunswick



Photo Courtesy of: Province of Nova Scotia



© Perry Jackson

HOW MUCH MEAT DOES A LOBSTER CONTAIN?

Lobsters come in various sizes from canners (½ pound to 1 pound) to jumbos (over 2 ½ pounds). A 1 ½ pound lobster (hard-shell) will yield approximately 1 ½ cups of cooked meat.



## Getting the Most Out of Your Lobster

There is more to a lobster than the meat found in the tails and claws. While this is arguably the easiest meat to access, with a bit of patience, the meat yield can be substantially greater.

Once the claws and legs are removed, insert your fingers into the openings that run from the section where the legs attach to the body. Following each of these channels will yield an additional one to two ounces of meat per lobster. In addition, meat is located in the knuckles of the lobster.

Do not discard the bodies of the lobster. These can be used to make a flavorful bisque or seafood stock that can be kept for future use in chowders and soups.



### SERVING SIZE

As a general rule of thumb, allow 1 to 1 ½ pounds of lobster per person. Of course, if you are a lobster lover you will likely want to increase this amount.

### TOMALLEY: A CULINARY DELICACY

What is that green stuff you see when you slice open a whole cooked lobster?

It's called "tomalley" and it acts as the liver and pancreas of a lobster.

To some, it's a culinary delicacy with a rich, complex flavor.

Some people eat it straight, or use it as a spread for crackers and breads. It can also be mixed into sauces and soups to enhance the flavor, with most chefs sieving the tomalley to break it up, distributing the flavor and smoothing the texture.

While some people find the tomalley delicious, it can also be hazardous. Since the tomalley acts like a liver and pancreas, it is a filter which can accumulate pollutants such as PCBs, mercury and lead, from the environment. In addition, lobsters can contain the toxin responsible for paralytic shellfish poisoning (PSP). Cooking does not deactivate this toxin, so people who eat this part of the lobster do run a risk of becoming seriously ill.



## Cracking a Cooked Lobster

### TWIST THE TAIL

To remove the tail, grasp the lobster around the body with one hand and the tail with the other and gently twist. Pull apart the two pieces.

NOTE: You may notice a green substance on the meat which is called the tomalley. There may also be a red substance known as the roe (eggs) found in some female lobster. Both are edible and considered by many to be one of their favorite parts, however they can be scraped off if desired

### CUT OR CRACK OPEN THE TAIL

To remove the meat from the tail, squeeze both sides together until you hear (feel) the shell crack. Grab each side of the tail with a hand and open like a book. The meat can now be easily removed.

### TWIST THE CLAWS

To remove the claws, simply grab the body with one hand and gently twist the claws and knuckle with the other hand. Both claws and knuckles will separate easily from the body. Use care when holding the knuckle, since it has sharp protrusions that can hurt if not handled carefully.

### CUT OR CRACK THE CLAWS OPEN

Crack the claws open with a heavy and sharp knife, or use a lobster cracker (like a nut cracker). Simply bend the claws after it is cracked and the meat can easily be extracted. You can also use the cracker to break the knuckle shell. Don't forget to remove the meat found in the small part of the lower claws... you will want to get every tasty morsel.

### LEGS AND BODY

The legs and the body also contain edible meat. Break and open the legs at the joint and use a fork or skewer to draw out the slender pieces of meat contained inside. For the body, simply pull apart the shell to expose the meat around the body. Remember all of the lobster aside from the part located behind the eyes is edible and the choice is up to you on how much you wish to eat.





### WHAT PARTS OF THE LOBSTER CAN YOU EAT?

Lobster meat is delicate and white. The waxy red colour next to the meat found in female lobsters is the roe (eggs). Many consider this to be the lobster caviar. The textured green material is referred to as a tomalley (the liver). This is a delectable and tasty part of the lobster. The white foamy substance often encountered is the lobster's fat and blood and is also edible.



### Care after Cooking

After the lobster is cooked, store in airtight containers and keep in the refrigerator for up to three days. If the meat is removed from the shell, it can be kept for up to four days in the refrigerator. The lobsters should be stored on their back to prevent loss of juices that could result in a dry product. Cooked lobster meat can also be frozen for use at a later time.

### DID YOU KNOW?

A lobster does not feel pain when immersed into hot water due to its decentralized nervous system (it has no brain, just a series of ganglia). The sound heard when boiling lobster is only the steam escaping from the shell.

The natural colour of an Atlantic Canadian lobster will vary from blue-green to a rusty brown and can even be found with a blue or white (albino) shell. They will all turn red when cooked (except the white shelled lobster) and will afford the same great taste regardless of shell colour.

Lobsters molt once a year, shedding their shell and growing a new one to accommodate their larger size. The red pigment found on the surface of the lobster meat is the next shell.

If you stand a lobster on its head and gently rub its carapace, you can lull it into a sleeping state.

If a lobster has you in its grip, hold perfectly still. The lobster will think that you have expired and will release its hold.



# Recipes

## Naked Lobster or Sexy Lobster

Traditionally, in Atlantic Canada, lobster is served cold, dipped in hot butter outside on a picnic table, and potato salad is one of the most popular accompaniments. This is the best of both worlds.

### FRESH ATLANTIC LOBSTER

- 1 lb fresh lobster claws or tail
- ¼ lb melted butter

### CANDIED BACON

- ½ lb diced double smoke bacon
- 3 tbsp maple syrup

Sauté in a pan til nice and brown, place the bacon bits on paper towel and dispose of the bacon fat. Add bacon back to the frying pan for a few seconds and incorporate 3 tbsp maple syrup, bring to a boil then remove from heat.

### POTATO SALAD

- 4 boiled potatoes, drained, smashed
- ½ lb chopped lobster meat
- 3 kosher dills, finely chopped
- 2 tbsp dill pickle juice
- 1 celery stalk, finely diced
- 1 shallot, finely diced
- ½ cup red peppers, finely diced
- ½ cup yellow peppers, finely diced
- ½ cup mayonnaise
- 2 tbsp chopped flat leaf parsley
- ¼ tsp smoked paprika
- salt and pepper to taste

In a large bowl toss all ingredients and let cool for about 1 hour.

To assemble place lobster potato salad on the base then sprinkle with a few pieces of maple bacon and finish with a piece of cold lobster dipped in hot butter, garnish with micro greens.

(Source: The Kilted Chef Alain Bossé)



## Lobster Mango and Strawberry Salad

### INGREDIENTS

- 6 oz. washed spring lettuce salad mix
- 5 oz. lobster meat
- 3 large strawberries, sliced
- 3 tbsp chive sticks
- 20 slices of English cucumber
- ½ mango, peeled and sliced
- vinaigrette
- 3 strawberries
- 1 tsp Dijon mustard
- 1 tbsp honey
- 3 tbsp balsamic vinegar
- ½ cup vegetable oil
- salt
- cracked black pepper

### METHOD FOR VINAIGRETTE

Place strawberries, Dijon mustard, honey and balsamic vinegar in blender. Blend until smooth. With blender running add vegetable oil in a slow and steady stream until well mixed. Season with salt and fresh cracked pepper.

### METHOD FOR SALAD

To prepare salad, arrange lettuce, lobster, strawberries, mango and cucumber evenly between 4 plates. Drizzle salads with vinaigrette and sprinkle with chive sticks.

(Source: Tastelobster.ca)





© Mike Hall

## Lobster Chowder with Brie and Basil

### INGREDIENTS

- 2 tbsp butter
- 1 lb. yellow flesh potatoes skin on, diced
- 2 shallots diced
- ½ cup celery diced
- 2 tbsp fresh basil, chopped
- 2 bay leaves
- 1 tbsp Dijon mustard
- 1 lb. lobster meat
- ½ cup dry white wine
- 8 cups lobster broth
- 1 cup 35 per cent cream
- 1 small wheel of double cream brie sliced
- sea salt and pepper to taste

Cook half of the potatoes and half of the shallots in 4 cups of the lobster broth until tender, puree and set aside.

In a large pot sauté the bacon, remaining shallots and the celery in the butter until transparent, then deglaze with the white wine and Dijon mustard. When the wine has reduced add the rest of the potatoes, the herbs and the rest of the lobster broth. Bring to a boil, and then reduce heat to a gentle simmer until the potatoes are just fork tender.

When potatoes are cooked, add the lobster meat, brie and the pureed potato then cook for a further 5 minutes. Season with salt and pepper, stir in the cream allow to heat through. Adjust the seasoning to taste.

(Source: The Kilted Chef Alain Bossé)

© Linda Duncan

## Asian Style Fresh Roll with Atlantic Canada Lobster and a Maple Ginger Sauce

### INGREDIENTS

- 12 lobster claws
- 1 pounds lobster knuckle meat
- 2 bundles of rice or mong bean vermicelli noodles
- 12 round rice papers, 6 or 7 inch diameter
- 2 pickled daikon (radish) cut in allumette size
- 2 oz pickled ginger
- 12 green onion tails

Rehydrate each rice paper one at a time and ensemble each roll with small pinch of noodles, 2 or 3 pieces of ginger and daikon, one lobster claw cut in half and 1 oz of lobster knuckle meat then wrap with green onion tail sticking out.

### MAPLE GINGER DIPPING SAUCE

#### INGREDIENTS

- 1 tbsp sesame oil
- 1 cloves of finely chopped garlic
- 2 tbsp crushed ginger
- 2 tbsp sesame seeds black and white mixed or just white
- 2 tsp hot chili sauce Asian style
- 2 cup maple syrup
- 1 cup fish sauce

In a sauce pan place sesame oil, garlic and ginger, once lightly brown add the rest of ingredients and bring to a boil then let simmer on low heat for 5 minutes or so and let cool.

(Source: The Kilted Chef Alain Bossé)



© Perry Jackson

## Atlantic Canada Citrus Dill Lobster on Baguette

### INGREDIENTS

- 1 French style baguette
- 10 - 12 oz fresh lobster meat
- 2 tbsp mayonnaise
- 1 oz fresh dill
- juice from ½ lime
- juice from ¼ lemon
- pinch of salt
- fresh ground black pepper

Slice the baguette ¾ of the way through, spreading it open like a book. Remove the soft dough from the top half of the baguette leaving it hollow. In a bowl mix the lobster meat, mayonnaise, dill, citrus juices and salt and pepper to taste. Spoon onto the bottom half of the baguette. Top with a lettuce leaf if desired. Cut and serve.

(Source: The Kilted Chef Alain Bossé)

## Pancetta Wrapped Lobster Tails with Asparagus

### INGREDIENTS

- 6 rounds thinly sliced pancetta bacon
- 6 lobster tails (cooked meat)
- 3 tbsp shallots
- 1 tbsp butter
- 3 tbsp white wine
- 3 tbsp chicken stock
- ¾ cup heavy cream (35 per cent)
- salt
- crushed black pepper
- 20 spears steamed asparagus

### METHOD

Wrap lobster tails in pancetta bacon.

In a medium non-stick sauté pan over medium-high heat, add butter, pancetta wrapped lobster tails and shallots. Sauté for 2 - 3 minutes until pancetta is cooked and shallots are slightly browned.

Remove wrapped lobster tail. Set aside.

Add white wine and chicken stock to shallots. Reduce for about one minute and then add cream. Season with salt and cracked pepper.

Bring to a boil and simmer for one minute. Add wrapped lobster tails and asparagus. Simmer for another minute until everything is heated through and sauce is slightly thickened. Serve.

(Source: Tastelobster.ca)



Writers: Kathy Kaufield & The Kilted Chef Alain Bossé Graphic Design: Mr. Graphic



# THE ULTIMATE GUIDE TO ATLANTIC CANADA LOBSTER



## SERVING SIZES

- Allow 1 - 1 ½ lbs of lobster per person.
- A 1 ½ lbs (700g) lobster will yield 1 cup (250g) of cooked meat.

## CRACKING A COOKED LOBSTER

- 1 Twist the tail
- 2 Cut or crack open the tail
- 3 Twist the claws
- 4 Cut or crack the claws open
- 5 Remember – the legs and body contain meat



## COOKING LIVE LOBSTER

**TAKE OFF THE RUBBER BANDS ON THE CLAWS BEFORE YOU COOK**

Lobster must be alive before you cook it. Put in well salted boiling water (1 cup per gallon) and cover. The lobsters are done when the antennae pull out easily. To serve the lobster cold, refrigerate lobsters on their back until needed.

### COOKING TIMES

1 pound	8 - 10 minutes
1 ¼ pounds	9 - 11 minutes
1 ½ pounds	11 - 12 minutes
1 ¾ pounds	12 - 13 minutes
2 pounds	15 minutes
2 ½ pounds	20 minutes
3 pounds	25 minutes
5 pounds	35 - 40 minutes

## CHEF'S TIPS

- Live lobster will keep 36 to 40 hours out of water.
- Frozen lobster meat should be kept at temperatures of -26 to -30°C (-15 to -22°F).
- After the lobster is cooked, store in airtight containers and keep in the refrigerator for up to three days.
- Be aware of possible cross contamination from the lobster's head and intestine. Many restaurants choose to serve the lobster cut cleanly in half. Always cut your lobster on a slight angle to avoid this.

The bodies of the lobster can be used to make flavorful bisque or seafood stock

**AVAILABLE YEAR ROUND**  
**FROM A SUSTAINABLE FISHERY**  
**WILD-CAUGHT BY INDEPENDENT FISHERMEN**  
**TRACEABLE FROM CATCH TO YOU!**