

# Live Lobster

## Ingredients

- live lobster

## Directions

**Boiling:** Best for cooking 4 or more lobster at a time. This method cooks lobsters more evenly than steaming. High intense heat cooks the meat quickly, making it easier to remove from the shell. Be sure to use a pot large enough to submerge the lobsters, add 2 tablespoons of salt per quart of water. For 1.25 lb. whole lobsters boil 7-8 minutes 4-5 minutes for 5 oz. tails.



**Recipe**  
from *Trig's*

**Cooking Time:** varies

**Serves:** varies

## **Directions, cont.**

*Tastes from the Northwoods*

**Steaming:** This method yields a more tender Lobster than boiling. The lobster flavor is less diluted preserving the ocean fresh taste of the lobster. Fill a pot large enough to accommodate the lobsters with about 2 inches of water; adding 2 tablespoons of salt per quart of water and bring to a rapid boil. Place a steamer basket in the pot add the lobsters and cover and steam about 7-9 minutes for a 1.25 lb. whole lobster 4-5 minutes for 5 oz. tails.

**Grilling:** Grilling will impart a light smoke flavor from the coals. Cut the top of lobster tail with a pair of kitchen shears, going no further than the tail. With a knife follow the same line and cut the meat being careful not to cut all the way through. Open the lobster tail up like a book to expose the meat rub with some olive oil and season with salt and pepper. Grill over medium direct heat 5 minutes flip and grill an additional 4 minutes. Brush with garlic herb butter. To grill a whole lobster simply split it down the middle, remove the small green sack by the head and the dark vein running through the tail. Grill the split lobster flesh side down 5-7 minutes, flip and grill an additional 4-5 minutes.

**Tip** How do I know if my lobster is done? The shell will turn bright red and the flesh will turn opaque white and be firm to the touch.