

How to Cook a Lobster

From Anneli Johnson, Market Manager

Directions:

- To poach or boil a lobster for a hot family-type table, place in a large heavy pot with enough water so the lobster will be completely covered when you plunge it in.
- Allow for each quart of water 1 tablespoon of salt.
- Bring water to a rolling boil.
- Because of splashing, carefully immerse the lobster head first
- Allow the water to return to a boil.
- Reduce the heat at once and simmer the lobster 5 minutes for the first pound and about 3 minutes for each additional pound, slightly less time if the lobsters have recently shed and the shells are soft.
- Drain.
- Serve with small bowls filled with mixture of the juices from the pot or melted butter and lemon wedges.