



TIPS FROM OUR TEST KITCHEN

lobster cooking lessons

Whether you're a novice or a seasoned pro, follow these guidelines to eliminate the guesswork

PREPPING Before boiling or steaming, put live lobsters in the freezer for about an hour. Cold temperatures sedate them, after which they can be gently placed head-first in boiling water.

CUTTING Many chefs and lobster experts say the best way to dispatch a lobster before grilling is with a knife: Freeze the lobster at least 30 minutes, hold it just above the tail, and place it on a cutting board. Look for the cross-shaped indentation in the shell about 2 inches forward of the tail; place the tip of a large knife at this point, with the cutting edge toward the head. Plunge the knife down vertically, then swing it down to split the lobster in half. For step-by-step photos and a video, visit coastalliving.com.

STORING Keep lobsters moist with seaweed, wet paper towels, or wet newspaper in a refrigerator or cooler before cooking. Never keep lobsters in freshwater; they can't survive.

Roasted Corn and Herb Butter Sauce

PREP: 15 minutes
COOK: 15 minutes

- 1 ear fresh corn, husk removed
- 1 pound butter, clarified
- ½ teaspoon chopped fresh chervil
- ½ teaspoon chopped fresh flat-leaf parsley
- ½ teaspoon minced fresh chives
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper

Soak corn in water 15 minutes. Roast at 450° for 15 minutes, turning occasionally. Let stand 5 minutes. Cut kernels from cob. Combine kernels and remaining ingredients in a medium saucepan;

Steamed Lobsters

PREP: 30 minutes
COOK: 25 minutes
COOL: 5 minutes

- 1 tablespoon kosher salt
- 2 (1½-pound) lobsters

1. Place a steaming rack in bottom of a very large stockpot. Add kosher salt and 3 to 4 inches of water; bring to a boil.
2. Place lobsters in pan. Cover and steam 14 minutes. Let cool. Remove meat from tail, legs, and claws. Serve, or chill and use as desired. Makes 2 servings.

Split Butter-grilled Lobsters

PREP: 30 minutes
COOK: 25 minutes

- 4 (1½-pound) lobsters, split
- 1 cup melted butter
- Kosher salt
- Freshly ground pepper
- Chopped fresh chives

Place lobsters, shell side down, on grill grate. Brush with butter; sprinkle with kosher salt and pepper. Grill lobsters, covered with grill lid, over medium-high heat (350° to 400°) 10 minutes or until done, basting with butter. (Do not turn lobsters.) Sprinkle with chives before serving. Makes 4 servings.

Lobster Salad

This beautiful salad tastes equally delicious with shrimp. Substitute 1½ pounds cooked, peeled, and deveined shrimp for the cooked lobster.

PREP: 35 minutes

- 3 oranges
- 1 red bell pepper, diced
- 1 English cucumber, cut in half lengthwise and thinly sliced
- ½ cup thin jicama strips
- ¼ cup thinly sliced red onion
- ¼ cup chopped fresh cilantro
- ¼ cup extra-virgin olive oil
- 3 tablespoons cider vinegar
- ¼ cup fresh lime juice
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 (1½- to 1¾-pound) lobsters, cooked

1. Peel and section oranges over a large bowl, squeezing juice from membranes. Add bell pepper and next 9 ingredients, stirring gently.
2. Remove lobster from shell, keeping claw meat intact. Thinly slice tail meat. (Lobsters should yield about 2½ cups chopped meat.) Add lobster to vegetable mixture, stirring gently. Makes 7 cups.

The Ultimate Lobster Roll

Buy 2 (1¼- to 1½-pound) steamed lobsters to yield the correct amount of chopped cooked lobster.

PREP: 17 minutes
COOK: 6 minutes

- 1 cup mayonnaise
- ½ cup chopped celery
- Salt, to taste
- Pepper, to taste
- 2½ cups chopped cooked lobster
- 2 tablespoons butter
- 6 bakery-style hot dog buns, split
- 2 cups firmly packed baby arugula
- 12 slices bacon, cooked and crumbled

1. Stir together first 4 ingredients in a medium bowl; gently stir in lobster. Cover and chill until ready to serve.
2. Melt 1 tablespoon butter in a large skillet over medium heat. Add half of buns, cut sides down, and cook 1 to 2 minutes or until toasted. Repeat with remaining butter and buns.
3. Arrange arugula on rolls, and top with lobster mixture and bacon. Makes 6 servings.

how old is your lobster?

It's always a guess, because they molt a few times a year, but try this: Multiply the lobster's weight by 4, then add 3. (That 2-pound lobster you're eating is about 11 years old.)



JULIA'S TIP

"DON'T TAKE THE RUBBER BANDS OFF THE CLAWS BEFORE BOILING. IN A MATCH BETWEEN TWO STRONG CLAWS AND YOUR 10 FINGERS, YOU'LL ALWAYS LOSE"

—JULIA RUTLAND, SENIOR FOOD EDITOR

HOW TO COOK LOBSTER

Boiling vs. Steaming Boiling is simple, and makes the meat easier to remove from the shell. Steaming preserves a little more flavor, and makes it less likely you'll overcook the meat.

Lobster size varies, so cooking time will, too. Use this simple chart for perfect results.

LOBSTER WEIGHT	BOIL	STEAM
1 lb.	8 mins.	10 mins.
1½ lbs.	9–10 mins.	12 mins.
1¾ lbs.	11–12 mins.	14 mins.
1¾ lbs.	12–13 mins.	16 mins.
2 lbs.	15 mins.	18 mins.

