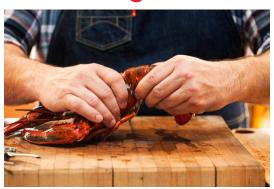
# RAW BY NATURE Oyster Co.

#### HOW TO STEAM - CRACK LOBSTER

TOOLS YOU'LL NEED: fresh hardshell lobster, large pot, sea salt, large tongs.

- Bring a large pot of water to a rolling boil and season liberally with sea salt. Your water should have ocean-like salinity.
- Try not to overcrowd your pot and work in batches if required. Place your lobster into your pot of boiling water. Depending on the hardness of the shell, a 1 1  $\frac{1}{4}$  lb lobster should take 6-9 minutes from the time the water returns to a boil. For 1  $\frac{1}{2}$  2 lb, lobsters allow 9-15 minutes, and for 2 3 lb, lobsters allow 12-20 minutes.

















#### LOBSTER TRUE AND FALSE

## "Big lobsters are tougher." FALSE

Poorly cooked lobsters are tougher, that's for sure. A larger lobster may be slightly more stringy, but it will be flavorful and tender if cooked well. I like a 2 pounder for yield and cooking consistency.

### "Hard shell lobsters are best." TRIIF

The harder the shell, the less moisture is retained in the muscle. A fuller, better bang for the buck lobster as a result!

### "Boiling lobsters is inhumane" TRUE AND FALSE

The fact is all animals feel pain in a very brief moment before slaughter. With the right amount of boiling water, a quick hand will make this process quick and easy for all.