

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 ¼ lb lobster should take 6-9 minutes from the time the water returns to a boil. For 1 ½ - 2 lb, lobsters allow 9-15 minutes, and for 2 - 3 lb, lobsters allow 12-20 minutes.

1



2



3



4



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."

TRUE

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.