



Cooking with Lobster



Introduction

Lobsters are one of the most recognisable of shellfish the world over, with their blue-black shell that changes colour to a bright red once cooked. They have been highly cherished as seafood, for many centuries, with their delicious and succulent meat contained in the claws and tail.

Harvested, generally, by traditional fishing vessels utilising baited 'creels' or 'pots', the perception is of a small scale industry. However the lobster harvest worldwide is some 200,000 tonnes, the majority of this being the two types featured in this booklet, the European Lobster, *Homarus gammarus*, and the American (or Canadian) Lobster, *Homarus americanus*.

So lobsters are economically important and are often one of the most valuable commodities harvested in the coastal areas which they populate and are fished from. The species also help promote tourism conjuring up a 'Lobster Pot' image of coastal villages.

You can use either lobster in all these recipes and we urge you to try both varieties as they offer differing tastes and textures.

We hope you enjoy 'Cooking with Lobster'.

David L. Jarrad
Director
Shellfish Association of Great Britain

Foreword

Quite rightly lobsters are perceived as the most luxurious of seafood. While it is expensive, owing to its wonderfully sweet and intense flavour, lobster dishes need not be as costly as you might think.

Just the mention of it in a salad in conjunction with other ingredients in something like a ravioli or a tart and everybody's interested. In the early days of The Seafood Restaurant in Padstow we did seafood thermidor, which contained prawns, scallops, monkfish and crab but the star, though not necessary the biggest element was, of course, lobster.

Rick Stein



Lobster Tourte

By Rick Stein
English Chef, Restaurateur
Author & TV Presenter

Serves 8

4lb (2kg) lobster

Ingredients

The Mousseline:

- 4 fl.oz (120 ml) shellfish reduction
- 1 lb (500 g) skinned whiting fillet
- ½ oz (15 g) onion
- 1 2/3 tsp. (8 ml) salt
- 1 egg and 1 egg white
- 12 fl.oz (360 ml) double cream
- 2 oz (60 g) butter
- 1 lb (500 g) puff pastry
- 1 beaten egg (for egg wash)

The Sauce:

- The rest of the shellfish reduction
- 1 tsp. (5 ml) chopped tarragon
- 8 fl. oz (240 ml) double cream
- 3 oz (90 g) butter
- 3 oz (90 g) tomato, peeled, de-seeded & chopped

Method

Bring a large pan of well-salted water to the boil and cook the lobster for 30 minutes. Leave to cool, then remove all the meat.

Make a shellfish reduction to the recipe. You can use some of the body section of the lobster as well as prawns, but lobster shell on its own doesn't have as good a flavour as prawns. Reduce the reduction by rapid boiling if it seems a little lacking in flavour; you will need 4 fl.oz (120 ml) of it for the mousseline which you should chill before adding. The rest of the reduction will be for the sauce.

If the lobster has coral, keep this; put a quarter of it in with the mousseline, and the rest should be cut up with the crawfish meat.

Place the whiting fillet, onion, salt, eggs and butter in a food processor and puree them. Add the 4 fl.oz (120 ml) of shellfish reduction, and then pour the cream in steadily over about 15 seconds. Turn off as soon as the cream is added and chill again.

Preheat your oven to 400°F (200°C; Gas Mark 6).

Roll out the pastry thinly and trim to approximately 20 inches x 12 inches (50 cm x 30 cm). Place half the mousseline down the

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centre of the pastry, leaving room at the ends to fold over. Lay all the lobster along this, and put the rest of the mousseline on top. Fold in the ends, cutting part of the corner off so that the pastry is not too thick at the ends.

Then fold one side over, brush with water, fold the other side over, and seal. Turn over onto a baking tray.

Brush with beaten egg and bake in the oven for about 25-30 minutes until golden brown.

While the lobster is baking, finish the sauce. Put the rest of the lobster reduction to reduce the sauce until it coats the back of a spoon. Take off the heat, add the tomato, and serve with the lobster, which should be cut into thick slices.

Shellfish Reduction

The shells from 1 lb (450 g) prawns plus half a dozen whole prawns
2 oz (60 g) carrot, peeled and chopped
2 oz (60 g) onion, peeled and chopped
2 oz (60 g) celery, chopped
½ oz (15 g) butter
1 fl oz (30 ml) white wine
1 tsp. (5 ml) tomato, roughly chopped
15 fl oz (450 ml) fish stock
Pinch of cayenne pepper

Cook the shells and whole prawns with the carrot, onion and celery in the butter without colour. Add the wine, tarragon and tomato and boil to reduce for a couple of minutes. Add the fish stock, bring to the boil and simmer for 40 minutes. Liquidize everything and pass through a conical strainer then through a fine mesh sieve. Return the strained liquid to the heat, bring to the boil and reduce the volume by three-quarters. Season with cayenne.

Puff Pastry

1 x 250 g (9 oz) block of unsalted butter
300 g (10 oz) of plain flour
½ tsp. of salt
140 ml (5 fl oz) water

Unwrap the butter and leave on a tray to soften at room temperature. If you have a Kenwood mixer or something similar, put on the paddle mixer, cut up one of the blocks of butter into small chunks and put it in the mixing bowl with the flour and salt. Turn on low and mix until the butter has gone into crumbs as if you were making shortcrust pastry. Add the water and knead for 3 minutes.

If making by hand, put the flour and salt in a bowl and crumb one block of butter halfway through the dough. Pull out the four corners of the cross to form a star shape. Lightly roll the centre of the star into a square, keeping it thick, and roll out the points of the star evenly so that once joined together, the extreme points of the star would form a square. The square of pastry at the centre should be 4 times thicker than the rolled out points of the star.

Form the remaining butter into a rough square and wrap in clingfilm. With a rolling pin, shape it into a square, slightly smaller than the square of pastry in the middle of the star. Fold the flaps over it and roll the square into a rectangle about 30 inches x 12 inches (75 cm x 30 cm) keeping the edges as straight as possible by nudging

any parts that are bulging out back in line with the rolling pin.

Now mark the length of the pastry into three thirds. Fold one of the end thirds over the centre third, then fold the other third over those two. Turn the pastry so that the folded edges are at the sides, roll the pastry out again as before—i.e. 30 inches x 12 inches (75 cm x 30 cm) - and fold it in the same way again.

Cover the pastry and chill for 25 minutes to relax the dough. If you are working in a cool environment, you can leave it where it is. Turn the pastry again so that the folded edges are at the side and roll out as before. Fold as before, turn the pastry to bring the folded edges to the sides again and roll out once more.

Fold again and leave for 25 minutes. Repeat the same sequence, rolling twice and folding twice, to make 6 folds in all. Leave the pastry for a further 25 minutes after the last fold before using. I suggest cutting the pastry into about five sections and wrapping and freezing those that you don't want immediately.

Lobster With Linguine Pasta

By Stephen Piri
Executive Chef of The
Fishmongers' Company



Serves 4

Preparation: 30 minutes

Cooking: 10 minutes

Ingredients

- 2 x 600 g freshly cooked lobsters
- 450 g linguine
- 6 tbsp. olive oil
- 2 garlic cloves, finely chopped
- Pinch of dried red chilli flakes
- 75ml white wine
- 3 tbsp. chopped flat-leaf parsley
- 25 g unsalted butter
- Salt & freshly ground black pepper

To Serve:

- 4 spring onion flowers
- Sprigs of parsley

Method

Extract the meat from the lobsters and cut into neat chunks. Keep the claws whole to use for garnish.

Cook the linguine according to the packet instructions.

Meanwhile, heat the oil in a large pan and gently fry the garlic, without browning, and the chilli flakes. Add the wine and reduce by half. Then add the lobster meat, parsley and butter and heat through until the butter melts. Season to taste. Drain the linguine and carefully stir into the buttered lobster, having first removed the claws.

To serve, place a large spoonful of linguine on each plate and garnish with a lobster claw, spring onion flower and a sprig of parsley.

To make spring onion flowers

Take a medium-sized spring onion and trim the root and the outer leaves. Cut down to about 4 cm. Make lengthways slashes, cutting away from the root end, and shred the green leaves along the grain. Place shredded side down in iced water. Leave in the fridge for about an hour to curl.

lobster
linguine pasta

Sweet & Sour Baked Lobster

By Mitch Tonks
Restaurateur & Food Writer
United Kingdom



Serves 4

Preparation: **30 minutes**

Cooking: **10 minutes**

Ingredients

- 2 live lobsters
- Vegetable oil
- 1 onion, chopped
- 3 cloves garlic, finely sliced
- 2 inch ginger root, finely sliced, skin left on
- A bunch of spring onions, cut into chunks
- 4 chillies, sliced
- 100 g sugar
- 200 ml white wine vinegar
- 2 tbs. fish sauce
- Juice of 2 limes
- A handful of fresh coriander, chopped
- A good handful of basil leaves, Thai preferably

Method

Dispatch the lobsters by cutting them in half, chop into chunks and crack the claws. Heat some vegetable oil in a pan, and fry the lobster pieces until they turn bright orange. Drain off some of the oil and leave 3-4 tablespoons in the pan. Remove the lobster onto a plate.

Quickly fry the onions and garlic, then add ginger, spring onions and chilli, until just softened but still crisp. Add the sugar and stir in, then the vinegar and the fish sauce and taste.

The flavour should be sweet and sour—add either sugar or vinegar to balance. Add the lobster back in and stir until well coated with sauce. Add the lime juice, coriander and basil, stir again.

Either, serve this straight from the pan or, put into a hot oven and bake for 5 minutes so the sauce becomes sticky on the shells of the lobster.



Serves 2

Preparation: **30 minutes**

Cooking: **15 minutes**

Ingredients

- 1 live lobster
- ½ small onion, chopped
- 1 clove garlic, chopped
- 1 1-inch piece of ginger, chopped
- ½ tsp. ground cardamom
- ½ tsp. smoked paprika
- ¼ tsp. red chilli powder
- ½ tsp. ground cumin
- ½ tsp. garam masala
- 1 pinch salt
- 1 pinch pepper
- 3 tbsp. grapeseed oil
- ¼ cup plain yogurt
- Juice of ½ lime
- ½ tsp. honey
- ¼ cup white cheddar cheese, grated
- Slices of lemon for serving

Lobster Tandoori

By *Bal Arneson*
Chef, Author & TV Host
British Columbia, Canada

Method

Seafood lovers, rejoice! This dish features lobster chunks marinated in a spice, yogurt, onion, and garlic mixture and served hot in reserved lobster shells.

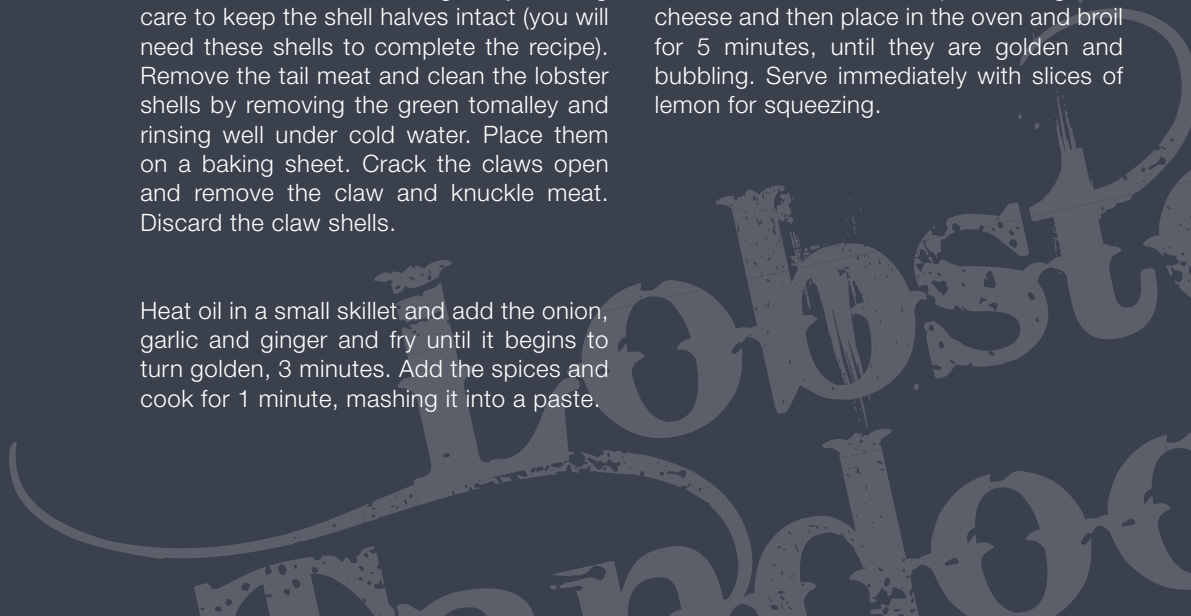
Bring a large pot of water to boil. Cut the rubber bands off of the lobster claws and then plunge the live lobster into the pot. Cover tightly with a lid and cook for 6-8 minutes. Remove and when it's cool enough to handle, pull off the claws and cut the lobster in half lengthways taking care to keep the shell halves intact (you will need these shells to complete the recipe). Remove the tail meat and clean the lobster shells by removing the green tomalley and rinsing well under cold water. Place them on a baking sheet. Crack the claws open and remove the claw and knuckle meat. Discard the claw shells.

Heat oil in a small skillet and add the onion, garlic and ginger and fry until it begins to turn golden, 3 minutes. Add the spices and cook for 1 minute, mashing it into a paste.

Put yogurt, lime juice, honey and spice paste into a large bowl and whisk until well combined. Chop the lobster meat and stir into the marinade.

Place an oven rack at the top of the oven and preheat to broil.

Spoon marinated lobster meat into the reserved lobster shells. Sprinkle each lobster half with 2 tablespoons of grated cheese and then place in the oven and broil for 5 minutes, until they are golden and bubbling. Serve immediately with slices of lemon for squeezing.





Lobster Stuffed Ravioli

In Fresh Tomato Cream Sauce

By Emily Richards
Author & TV Celebrity Chef
Ontario, Canada

Serves 6

Cooking: 25 minutes

Ingredients

Lobster Stuffed Ravioli:

- 3 tbsp. butter
- 1 cup sliced shitake mushroom
- 2 cloves garlic, minced
- 1 tbsp. chopped fresh tarragon
- ½ cup dry white wine
- 3 tbsp. all purpose flour
- 1 cup milk
- 1x 320g can frozen lobster, thawed, drained & chopped
- 1 tsp. grated lemon rind
- 1x 1 pound package wonton wrapper
- ¼ cup grated parmesan cheese
- Whole chives

Fresh Tomato Cream Sauce:

- 2 cups whipping cream
- 2 plum tomato, diced
- ¼ cup chopped chives
- ¼ tsp. salt

Method

Lobster Stuffed Ravioli

In a large skillet, melt butter over medium-high heat; cook mushrooms, garlic and tarragon, stirring occasionally, for about 4 minutes or until softened.

Add wine; cook for about 1 minute or until reduced by half. Sprinkle with flour; cook, stirring, for 1 minute. Slowly stir in milk, stirring constantly, for about 8 minutes or until thickened and smooth. Stir in lobster and lemon rind. Let it cool completely. For each wrapper, place 1 tablespoon (15 ml) filling in centre. Brush edges with water; top with another wrapper. Set ravioli aside on floured baking sheet. *(Make ahead: Wrap with plastic wrap and refrigerate for up to 4 hours).*

In a large pot of boiling salted water, cook ravioli, in batches, for about 3 minutes or until ravioli float to top. With slotted spoon, transfer to serving plates or platter.

Fresh Tomato Cream Sauce

In skillet or a saucepan, bring cream to boil. Add tomatoes, chives and salt; simmer over medium-high heat for 10 minutes or until reduced by one-third. Pour over ravioli. Sprinkle with Parmesan.

Garnish with whole chives.

Did you know?

The largest lobster recorded was caught off the coast of Nova Scotia, Canada, and weighed 44.4 lbs (20.14 kg); it was nearly 4 feet long! Scientists think it was at least 100 years old.

The European lobster is found in intertidal waters of the North Atlantic, Mediterranean and the Western parts of the Black Sea. It is a relatively slow growing animal which can live for up to 50 years and reaches sexual maturity at around 5-7 years. In their first year they will moult anything from 8-12 times, but as they grow larger they may only moult once every two years. In common with other crustacean they have the ability to regenerate limbs during the moulting process.

They reproduce when the female is soft shelled and the male is still in its hard shell. Depending upon size, the females will

carry between 4,000 to 30,000 eggs but less than 1% of these will ever survive to become another adult lobster.

Lobster are caught using baited inkwell pots or creels and fishermen can have several hundred pots. They are landed as live animals and generally sold in the trade as live. Once cooked, they will go bright red. If bought cooked always ensure the tail is attached to the body and is nice and springy.

Source:
Chief Fisheries Inspector, Mr. Chris Leftwich,
Fishmongers' Company

Homarus americanus, also known as American lobster, is harvested in the Northwest Atlantic Ocean along the Canadian and American coasts. In Canada, lobster is harvested only on the East Coast. As the leading fish and seafood export product, Canadian lobster is a prized commodity and highly valued in the marketplace.

The Canadian lobster industry sells lobster in three main categories: live, frozen, and prepared. While eating a freshly cooked lobster is popular, in recent years, over half of the export value of Canadian lobster has been processed. The Canadian lobster processed market is very diversified, consisting of over 50 different products, including frozen whole lobster, tails, and meat. More innovative lobster products

range from lobster butter to lobster oil and lobster pâté to lobster caviar.

The Canadian lobster fishing industry has a deep history of fishing with small boats and management measures focused on maintaining a sustainable stock now and for the future. Many of the management measures in place today date back over a century. The Canadian lobster industry is moving towards being independently assessed to determine the degree to which they are sustainable and well-managed in accordance with internationally accepted criteria. Certification has been achieved in certain areas with plans for the entire industry to become certified by the Marine Stewardship Council in the near future.

Source:
Lobster Council of Canada

Comparison between the European Lobster & Canadian Lobster

- The European lobster is usually blue/black in colour and the Canadian is more blue/black/green in colour
- The European lobster has a pointed rostrum which is smooth on the underside whereas the Canadian has one or two teeth on the underside
- The underside of the claw in the European lobster is creamy white but red in the Canadian

Atlantic Canada Lobster Asian Style Fresh Roll

With a Maple Ginger Sauce

By Alain Bosse

Food Editor, TV Celebrity Chef & Culinary
Ambassador - Atlantic Canada



Makes 12

Ingredients

- 12 Lobster claws
- 1 pound (500 g) lobster knuckle meat
- 2 bundles of rice or mong bean vermicelli noodles
- 12 round rice paper 8 inch's (20 cm)
- 2 pickles Daikon (radish) cut in alumette size
- 2 oz (57 g) pickled ginger
- 12 Green onion tails

Maple green dipping sauce:

- 1 tbsp. (15 ml) sesame oil
- 1 clove of finely chopped garlic
- 2 tbsp. (30 ml) crushed ginger
- 2 tbsp. (30 ml) sesame seeds black & white mixed or just white
- 2 tsp. (10ml) hot chilli sauce Asian style
- 2 cup (500 ml) Canadian maple syrup
- 1 cup (250 ml) fish sauce

Method

Rehydrate each rice paper one at a time and ensemble each roll with small pinch of noodles, 2 or 3 pieces of ginger and Daikon, one lobster claw cut in half and 1 oz (28 g) of lobster knuckle meat then wrap with green onion tail sticking out.

Maple Ginger dipping sauce

In a sauce pan place sesame oil, garlic and ginger once lightly brown add the rest of ingredients and bring to a boil then let simmer on low heat for 5 minutes or so and let cool.

Lambs Sweetbreads & Lobster

With Spring Vegetables

By Mark Hix

Chef, Restaurateur & Food Writer
United Kingdom

Serves 4 as a starter

Sweetbreads and lobster are a great combination, as the delicate, neutral flavour of the sweetbreads just slots into the dish with no interfering strong flavours.

You can use any spring vegetables that are in season and even a bit of samphire when it's around.

- 200-250g plumb lamb heart sweetbreads, washed
- 1 lobster weighing about 600-700 g
- A couple of knobs of butter
- 2 large shallots peeled & finely chopped
- 2 cloves of garlic, peeled & chopped
- 1 tsp. tomato puree
- A good pinch of saffron
- 350-400 ml fish stock
- 100 ml double cream
- 250-300 g podded weight of broad beans
- 100-150 g podded weight of peas
- 1-2 tbsp. vegetable oil
- Salt & freshly ground black pepper

Bring a pan of salted water to the boil and plunge in the lobster. If you are concerned about the humane treatment of the lobster, you should place the live lobster in the freezer for an hour before putting it into the boiling water. Bring to the boil and simmer for 7-8 minutes, then remove from the heat and leave to cool a little or run it under the cold tap. Meanwhile, remove the head from the lobster and give the claws a crack with the back of a heavy knife and carefully remove the meat from the main claw and joints. Cut the body into 4 or 5 pieces through the shell sections into rounds and the tail piece in half.

Heat the butter in a heavy based saucepan, chop up the head and claw shells and fry in the butter with the shallots and garlic for 2-3 minutes, then add the flour, tomato puree and saffron and cook over a low heat for a minute. Gradually add the wine and stock, bring to the boil, season lightly and simmer for 45 minutes. Add the double cream and simmer for a couple more minutes then strain through a fine meshed sieve into a clean saucepan.

Put the sweetbreads in a pan of salted water, bring to the boil and simmer for 2-3 minutes then drain and refresh under the cold tap. Remove the sinew from the sweetbreads and cut any large ones in half.

Meanwhile cook the peas and broad beans in boiling salted water and refresh under the tap.

Heat a little vegetable oil in a frying pan, season the sweetbreads and fry them on a high heat colouring them lightly then remove from the pan and drain on some kitchen paper. Wipe the pan and heat a little more oil, season the lobster pieces and fry for a minute or so on each side until lightly coloured then remove and drain on some kitchen paper. To serve put the sweetbreads and lobster in the sauce and simmer for a couple of minutes to re heat. Toss the peas and broad beans in some butter and season. Spoon the lobster and sweetbreads into warmed serving bowls and scatter the vegetables on top.

Governors Lobster Cakes With Roasted Red Pepper Marmalade

By Ardon Mofford
Chef & Restaurateur
Nova Scotia, Canada



Serves 8-10

Ingredients

Roasted Red Pepper Marmalade
(makes 240 ml):

- 2 oz or 57g minced red onions
- 1 roasted red pepper minced
- 2 oz or 57g finely chopped capers
- ¼ oz or 7.5ml EVOO
- 1/8 oz or 3.5g minced chives
- Salt & Pepper as needed

Cape Breton Lobster Cakes:

- 10 shallots minced
- 1 oz/30 ml vegetable oil
- 1 cup real mayonnaise
- 2 beaten eggs
- 2 heaped tbsps. of Dijon mustard
- Handful of minced chives
- 1 ½ tsp. of your favourite hot sauce (Frank's is my favourite)
- 2 oz seafood seasoning
- 2.5 lbs or 1.13kg Nova Scotia Lobster (substitute crab for crab cakes)
- 3 oz panko bread crumbs

Method

Roasted Red Pepper Marmalade

Sweat onions in oil until translucent. Cool to room temperature. Combine the onions, peppers, capers, and chives and season with salt and pepper. Marinate for 30 minutes. Marmalade is ready to serve or can be refrigerated for later use.

Cape Breton Lobster Cakes

Sweat shallots in vegetable oil until translucent. Cool until room temperature. Combine shallots, mayo, eggs, mustard, chives, hot sauce, and seafood seasoning. Fold mixture into lobster meat. Fold in panko bread crumbs. Season with salt and pepper.

Divide the mixture into 10 equal portions and form into small cakes. Saute lobster cakes in vegetable oil for 2-3 minutes on each side until golden brown. Garnish each lobster cake with the marmalade.

Lazyman Lobster

With Riesling & Ginger
Beurre Blanc

By Michael Howell
Chef, Food Consultant & Tour Guide
Nova Scotia, Canada



Serves 4

Ingredients

- 4 x 1.5 lb live lobsters
- Olive oil
- ½ bottle quality Nova Scotia Muscat wine
- 4 oz sushi ginger, julienned, soaking liquid (liquid should total 3 tablespoons, add rice wine vinegar to make up difference if necessary)
- ¼ lb cold unsalted butter cut into small cubes
- Dash tabasco
- 1 tbsp. heavy cream
- Salt and white pepper
- 1 lb organic spinach or arugula, stems removed
- 1 tbsp. olive oil

Method

In a large pot of boiling water or in a steamer, boil or steam lobsters for 10 minutes. Shock in ice water until cold. De-shell, being careful to keep claws whole. Reserve tails with end of tail shell on.

De-shell the knuckles. Reserve the antennae. Save the bodies and remaining shell for lobster stock. Fan tails by cutting on the bias into 5 or six pieces each. Lay out fanned tails, claws and knuckles on a sheet tray, drizzle with some olive oil and reserve until service.

In a small saucepan, reduce the wine and the ginger juice until 1 tablespoon remains. Add the cream and reduce until 1 tablespoon remains. Reduce the burner heat to medium high and carefully whisk in the cubed butter one piece at a time, adding another piece when the last one is fully melted and just starting to bubble again.

Whisk constantly. When all the butter is incorporated, remove from heat, stir in julienned ginger, salt, white pepper and Tabasco and reserve in a warm place.

At service, season the lobster with salt and pepper, place the tray of lobster in a hot oven (450°F) for four minutes. While the lobster is heating, wilt the spinach in a hot pan with some olive oil. Season with salt and pepper.

Arrange the spinach on a plate, cover with the fanned tail, and place the remaining lobster on the plate. Drizzle the sauce over the lobster and serve. Garnish with seasonal vegetables.



Lobster & Samphire Salad

By CJ Jackson
Director - Billingsgate Seafood School
London

Serves 4

(As a first course)

2 x 600 g (1 ½ lb) cooked lobster

Ingredients

For the dressing:

- 2 tbsp. sunflower oil
- 2 tsp. sesame oil
- 1 tbsp. light soy sauce
- 1 tbsp. rice wine vinegar
- 1 tsp. fish sauce
- 2 tsp. palm sugar or honey
- Grated zest & juice 1 lime
- 2 spring onions, finely sliced

For the salad:

- 340g (12 oz) samphire

Method

Pull the head away from the lobster and scoop out the tomalley, set aside. Using a pair of scissors, cut along the tail shell and pull away to reveal the tail meat of the lobster. Slice each tail into thick medallions. Crack the lobster claws with a heavy saucepan to break open then remove the meat, slice or leave whole. Chill until required.

Whisk the dressing ingredients together until well emulsified. Season to taste with salt and pepper.

Wash the samphire under running cold water removing any tough stalks. Blanch in boiling water for 30 seconds then drain and rinse in cold water. Dry the samphire with kitchen paper and toss in a bowl with the dressing and season to taste with pepper only.

To Serve

Arrange the samphire on a plate and arrange the lobster on top.

If samphire is not available the above can be made with noodles.



Cooked Lobster

preparation guide

1. Snap off both claws where they join the body. Lay the lobster out on a board and straighten out the tail so it lies flat along the surface.
2. With the head of the lobster facing directly away from you, hold a heavy sharp knife along the length of the body and insert the point into the middle of the head where it meets the body.



3. Press down hard and cut through to the end of the tail.
4. Remove the knife and turn the lobster around. Repeat the cut, running through the head between the eyes until the lobster is completely in half. Open it out and lay flesh side up on the board.
5. Scrape out and discard any dark matter in the head section.
6. Remove any intestinal sac and membrane from the tail meat then rinse the lobster carcase under cold water.





7. Remove the meat from one half of the tail in one piece. Repeat with the other half. At this stage you may wish to cut it into bite-sized pieces. Clean the shell if you intend to cook or serve the lobster in it.
8. To crack open the claws, hold one claw in your hand and carefully split the shell with a heavy sharp knife.
9. Turn the knife to release it from the shell and repeat with the other claw.
10. Gently pull the meat out whole from the shell. Split the legs and arms in half to remove all flesh



Preparing Live Lobster for grilling

1. Place the lobster onto a board. Locate the cross on the lobster's back, which is 2.5-3cm below the spikes on its head. Using a sharp knife, insert the point of the blade into the centre of this cross. Push the blade down straight through the lobster. This will kill it instantly.
2. Pull the knife back along the centre line of its body towards the tail until you have cut clean through its length.
3. Turn the lobster round and repeat to the other end.
4. Now remove the claws in one piece where the arms join the body.
5. With the back of a large knife, crack the shell adjacent to the claws.
6. Place the lobster onto a tray. Drizzle with olive oil and season with salt and pepper.



The Shellfish Association of Great Britain supports the “enjoy seafood twice-a-week” campaign by Seafish, the authority on seafood, which recommends that adults should eat at least two portions of seafood every week, at least one of which should be oil rich.

- A portion of lobster represents one of your 2-a-week seafood
- 100g of lobster represents 14% of your recommended weekly intake of Omega-3
- Lobsters are also rich in Proteins, Iodine, Copper and Vitamin B12.
- Lobster contains nearly 17 times more Copper than salmon and 45 times more than is found in cod. Lobster contains as much protein as chicken. The protein found in shellfish is easily digestible and of high quality. Lobster contains over 8 times less saturated fat than beef.

Our lobster & other species health factsheets, reports and previous cookbooks can be found at www.shellfish.org.uk

Unsure of how to prepare shellfish?
Watch our “how to” videos on:

www.youtube.com/shellfishGB



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Design: www.arnoldandleftwich.com

The Shellfish Association of Great Britain is the industry’s trade body based at Fishmongers’ Hall, one of London’s oldest livery companies. First founded as the Oyster Merchants’ and Planters’ Association in 1903, and renamed The Shellfish Association of Great Britain in 1969, the association has steadily extended its range of activities from “harvest to sale” in over a century of support to the industry.



THE FISHMONGERS’ COMPANY

Promoting a healthy, prosperous and sustainable fish and fisheries sector for the long-term benefit of the United Kingdom. www.fishhall.co.uk



The Canadian High Commission is delighted to help bring together some of the very best lobster recipes we know of – made possible thanks to the world’s finest lobster.



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