

POACHED (BOILED) WHOLE LOBSTER

F EASY

Last Modified: 05/18/2014

PREP: 30 Min
COOK: 8 To 45 Min
STOVETOP

SEAFOOD

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Live	Whole Maine Lobsters	
4+	Gallons	Sea Water (How To Make Below)	
2	Cups	Distilled White Vinegar (Heinz)	
10	Whole	Black Peppercorns	
2	Whole	Dried Bay Leaves	
1	Medium	Carrot (Peeled)	Chopped
2	Medium	Yellow Onions	Chopped
3	Stalks	Celery	Chopped
3	Tbsp	Garlic	Chopped

EACH LOBSTER	TOTAL BOILING TIME (For ALL 4 Add 1 Minute for Winter Lobsters)
	Start timing when the Lobster water returns to a boil.
1 Pound	8 Minutes
1 1/4 Pounds	9 To 10 Minutes
1 1/2 Pounds	11 To 12 Minutes
1 3/4 Pounds	12 To 13 Minutes
2 Pounds	15 Minutes
2 1/2 Pounds	20 Minutes
3 Pounds	25 Minutes
5 Pounds	35 To 40 Minutes

PREPARATION

FACTOID	You can place the Live Lobsters on their back, uncovered in the freezer for 15 minutes. This dulls their senses enough so dropping them into the boiling water hurts as little as possible (I'm not certain how we know that, but . . .). You can also alternately kill them by placing the point of your Chef's Knife between their eyes with the sharp edge towards their nose and stabbing downward into a cutting board. If you don't care, simply drop them head first into the boiling water. If you DO kill them though, you <u>MUST</u> cook them within 10 minutes of their death.
HINTS	There are two ways to tell if a lobster is cooked properly: 1) Small spots will appear on the top of the Claws. 2) The only SHUREFIRE method for telling if a <u>whole</u> Lobster is cooked correctly is to lay the boiled Lobster on it's back. Push an instant read thermometer into the Tail Meat between the body and the first set of tiny feet on the Tail. (Push it in until it hits the shell on the other side and pull it back 1/2 way). The properly cooked temperature should read 145 degrees.
"HUMANE" DISPATCH	Place the live Lobster in the freezer for 15 minutes to numb it. Stab a sharp knife into the cross marks behind the head, pushing it all the way through.
TOOLS	1) Large Stock Pot & Lid 2) Instant Read Thermometer

POACHED (BOILED) WHOLE LOBSTER

PREP	<p>DISH</p> <p>1) Chop the Garlic Cloves and set them aside. 2) Chop the Yellow Onions and add them on top of the Garlic. 3) Chop the Celery and add it on top of the Garlic.</p>
CAUTION	Sea Water is <u>SALTY</u> . Make your own Sea Water by adding a couple of very generous handfuls of Salt (NOT Iodized) to the Fresh Water in the pot.
1	In a large stock pot containing all of the above listed ingredients and enough Sea Water, to completely cover the submerged Lobsters from Head to Tail. Bring the Water to a rolling boil over very high heat.
2	Drop the Lobsters into the boiling water head first and return the uncovered pot to a rolling boil. Boil the Lobsters for the above recommended time, stirring once halfway through. Remove them from the heat, cover and allow them to sit for 8 to 10 minutes, or until the Lobsters turn Bright Red. Temperature test one (or all) for doneness.
SERVE	Place the Boiled Lobsters on a large serving platter and serve while hot with Nut Crackers and lots of Recipe: Sauce - Drawn Butter Sauce on the side for each guest.
HINTS	If you intend to use the Lobster Meat in a Recipe, Strip all of the Meat from the Claws, Knuckles, Tail and Legs. You can easily extract the Leg Meat from their shells by placing each leg on a cutting board and squeezing out the Meat by rolling it with a hardwood rolling pin.
REHEAT	<p>Oven reheating: Slow, but it does a good job of preserving your Lobster's fresh flavors. Simply slide your Lobster in a roasting pan, drop some Butter in the bottom of the pan, and cover with foil. Bake at 350 until a meat thermometer reads 145 degrees (about 10 minutes).</p> <p>Saucepan Reheating: If you have out-of-shell meat, it's hard to beat a simple stovetop reheat. Simply toss the meat in some extra Butter and saute covered on medium heat until hot (about 2 minutes).</p> <p>Microwave Reheating: This is probably my least favorite way to reheat Lobster because of the toll it takes on the meat's texture, but if you're in a hurry, go for it. If your Lobster is still in the shell, give it 2 to 3 minutes of microwave time. If the meat is out-of-shell, it'll only need 1 to 2 minutes.</p>