

STUFFED ROASTED WHOLE LOBSTER

F MEDIUM

Last Modified: 05/18/2014

PREP: 20 Min
COOK: 10 To 30 Min
STOVETOP & OVEN 450

SEAFOOD

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Whole	Maine Lobsters	Alive

STUFFING MIXTURE			
8	Tbsp	White Onion	Chopped
4	Tbsp	Unsalted Butter	
4	Tbsp	Green Onion (Greens Only)	Sliced
1	Tsp	Lemon Zest	
20	Round	Sunshine Hi Ho Crackers	Crushed
4	Tbsp	Extra Virgin Olive Oil (EVOO)	

ROASTING TIMES (Lobster Halves - Add 1 Minute for Winter Lobsters)			
1	Pound	10 Minutes	
1 1/4	Pounds	12 Minutes	
1 1/2	Pounds	14 Minutes	
1 3/4	Pounds	16 Minutes	
2	Pounds	20 Minutes	
EACH	1/4 Lb +	2 Minutes Additional	

PREPARATION	
HINTS	The Roasting Times listed above are by individual Lobster weights, SO: You roast two halves of a 1 pound Lobster for 10 minutes. OR You roast 8 halves of four 1 pound Lobsters for 10 minutes. Winter caught Lobsters have thicker shells.
"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) Small Mixing Bowl 2) Kitchen Scissors 3) Rolling Pin 4) Basting Brush 5) Large Non-Stick Skillet & Lid 6) Aluminum Half Sheet Pan 7) Stock Pot With Rack & Lid
PREP	DISH 1) Chop the White Onion and set it aside. 2) Slice the Green Onion greens and add them on top of the White Onion
1	Steam the Lobsters according to the Recipe: Seafood - Steamed Whole Lobster (NOT the Poached Recipe), BUT: Steam for 5 minutes less than the times the Recipe calls for. Steam them until they are just beginning to turn red (do NOT allow them to set for the 20 minutes). Place the Lobsters into very cold ice water for 15 minutes to stop them cooking.

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2	Remove the Lobsters from the ice water and immediately place them with their back up on a cutting board. Place a sharp Chef's Knife where the Thorax meets the Tail, stab through and slice downward until the Lobster body is split in half all the way through the nose. Turn the Lobster onto it's back and perform the same operation back through the end of the tail.
3	Remove the innards from the Thorax by scooping them out with your hand. (If Females, reserve the grainy dark Orange Eggs inside). Using a spoon, scrape out any green "Tamale" you find inside and reserve it with the Eggs. Rinse off as much remaining Tamale as you can. You should now have two equal halves of a whole Lobster (Tail Meat attached) and ready to be stuffed.
4	Remove the Arms (with large Claws attached) and the 8 smaller Legs from the body by twisting and pulling. With kitchen scissors, snip off the joint on the end of any of the small legs that have a joint immediately on the removed end.
5	Lay each Leg on a cutting board and squeeze the Meat out with a rolling pin. Cut the Leg Meat into small pieces and set it aside. Preheat the oven to 450 degrees.
6	in a large non-stick skillet over medium heat, Saute the Butter, Onion, Green Onion and Lemon Zest until the Onions are translucent. Add in the chopped Leg Meat and Eggs if you found any and stir to mix well. Add in the Cracker Crumbs and stir to mix well.
7	Place the 1/2 Lobsters, cavity side up, on heavy duty aluminum foil that you have crushed and shaped to hold them upright. Lightly spoon & heap the Cracker Mixture into the body cavity (Do NOT pack it or it WILL explode during roasting). Lightly brush the Tail Meat ONLY with Olive Oil.
8	Place the Arms with Claws only on one side of a sheet pan and bake them for four minutes. Add in the aluminum foil pans you made containing the Lobster Body Halves on the other side of the sheet and bake them all for an additional "X" minutes by weight (see the table above)
SERVE	Remove the Stuffed Lobsters from the oven and let them stand for 2 minutes. Serve them while hot with lots of Recipe: Sauce - Drawn Butter Sauce on the side.
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>