



**GERALDTON
FISHERMEN'S
CO-OPERATIVE**

Rock Lobster Exporters

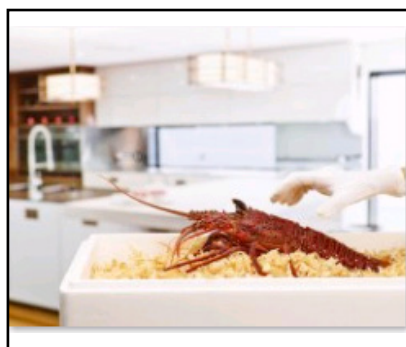
Handling Tips

Congratulations! You've just purchased WA's premium rock lobster – Brolos lobster - locally caught and enjoyed around the world. Here are a few helpful tips to transform your meal into an experience to remember with family and friends.

FROZEN/ CHILLED LOBSTER	LIVE LOBSTER
Don't defrost lobster until you are ready to prepare/ cook (lobster that has been thawed too long may discolour slightly – this is harmless and caused by oxidisation)	Our experienced staff have individually selected your lobster for strength and vitality, having said that, being out of water is not a lobsters natural habitat... follow these simple tips to get the best result
Defrost frozen lobster in a sink of cool water for ~30 minutes before preparing, or leave in the fridge overnight to thaw. Please do not thaw on the kitchen bench	Keep transport time to absolute minimum and avoid exposure to extreme temperatures (around 14 degrees and your lobster will be happy)
For best results don't split lobster until you are ready to cook/ prepare	Avoid dropping/ shaking or opening carton & disturbing lobster until you are ready to prepare. Your live lobster has been carefully stunned by our staff to make transportation safe and less stressful for the lobster. You can leave the lobster in the esky for up to 4 hours after collecting

HOW TO EUTHANISE

If you have ordered your Brolos Western Rock Lobster live then you will need to euthanise before preparing. We recommend euthanising in one of two ways, these methods are in line with the RSPCA's guide to humanely euthanising a lobster – and it also makes the experience less stressful for the home chef.



We suggest you wear sturdy kitchen gloves when handling live lobster, firmly grip lobsters by the head. If a lobster becomes excited, it can flap and may cause injury.

You can euthanise by either making an ice-salt water slurry in your kitchen sink or leaving in the refrigerator for at least 15 minutes, until the lobster shows no sign of movement.



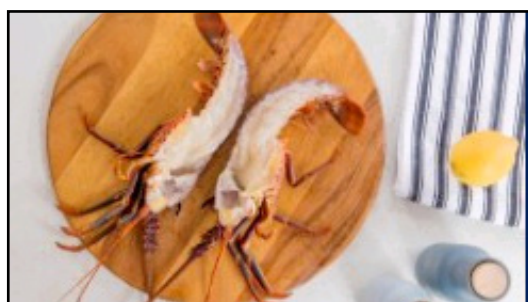
HOW TO SPLIT A LOBSTER (FRESH OR COOKED)



Lay the lobster belly-down on a cutting board and insert a large sharp knife into the head section, make sure the blade is pointing forward. Press down firmly to split the head in half.



Carefully re-insert the knife back into the head, with the blade pointing towards the tail, then split the rest of the lobster in half, ensure the shell is cut through.



Gently prise open the lobster taking care not to separate the head from the tail. Using the tomalley in your dish is a personal choice. If you do not wish to eat the tomalley, (the soft green flesh found in the head section), gently wash this area under running water to remove.

HOW TO BOIL OR STEAM

Boiling or steaming is a great way to retain the tender, sweet taste of the lobster. Cooking times will vary depending on the size of lobster, below is a guide.

Brolos recommends boiling in salt water (*approx. 17 grams of sea salt per litre*)

Weight (per lobster)	Boiling time	Steam
400 grams	8 – 10 minutes	10 – 12 minutes
500 grams	10 – 11 minutes	12 – 14 minutes
600 + grams	12 – 15 minutes	14 – 17 minutes

Like most seafood, it's always better to undercook lobsters a little bit as it will continue to cook once removed from the heat. After cooking, if you plan to serve your lobster cold, plunge the lobster in an ice slurry or place in fridge for 10-15 minutes to bring the temperature down quickly, this will retain the firm texture of the meat.

Lobsters will turn from a dark red to bright orange after being cooked.

PLEASE VISIT OUR Geraldton Fishermen's Co-operative YOUTUBE PAGE FOR MORE VIDEOS AND TIPS.