

# LOBSTER HANDLING TIPS

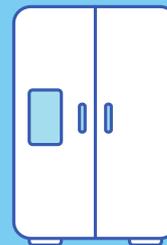
Lobster Preparation; How to Defrost or Euthanise Crayfish.

## FROZEN LOBSTER PREPARATION

Only defrost lobster when you are ready to prepare or cook.

Lobster that has been thawed too long may discolour slightly (this is harmless oxidation of the flesh).

Properly stored lobster can stay in the freezer for 6 or more months.



## DEFROST IN A SINK OF COOL WATER

For small size lobster, you only need to leave in a sink of cool water for around 30 minutes.

For larger lobster, leave in the fridge overnight.

Don't thaw on the kitchen bench or immerse in hot water.

## LIVE LOBSTER HANDLING

Keep transport time to a minimum. The ideal temp for lobster storage out of water is around 14 degrees.

Avoid dropping, shaking or opening packaging & disturbing lobster until you are ready to prepare.

Live lobster might become active when you open packaging. Always wear sturdy kitchen gloves, face lobster away from your person and keep away from children. Prepare or euthanise lobster within a few hours of purchase.



## HUMANELY DISPATCHING LOBSTER

There are two stages to stunning a lobster humanely that are recommended by the RSPCA.

### STAGE ONE:

Stun the lobster in either a ice slurry or chilling in air:

1) Chilling in a saltwater ice slurry (at a ratio of 3:1 giving a consistency of wet cement) at a temp around -1C for at least 20 minutes or until there is no sign of movement. Larger lobster may need longer. This could be done in a sink or esky.

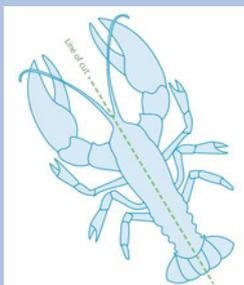
OR

2) Chilling in air by placing the product into a freezer or chiller section of your fridge for at least 20 minutes (longer for larger lobster) or until there is no sign of movement. The temperature must be at no more than 4 degrees.

### STAGE TWO:

Once the lobster is stunned and showing signs of insensibility, they should be mechanically killed ASAP so they do not recover. This can be done by splitting the lobster along the midline from front to back.

Always wear sturdy kitchen gloves when handling lobster. For more information visit [rspca.org.au/knowledge-base](https://rspca.org.au/knowledge-base)



# LOBSTER COOKING TIPS

Recommended cook times for Western Rock Lobsters.

## STEAMED LOBSTER

Steaming is ideal for split fresh lobsters, as well as raw lobster & tails that have been defrosted. Steaming time depends on lobster weight & your equipment.

Cooking time guide on a medium heat

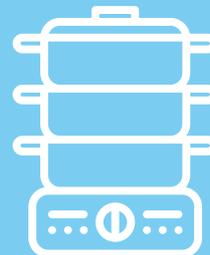
- 400 gm = 10 - 12 mins
- 500 gm = 12 - 14 mins
- 600+ gm = 14 - 17 mins

The meat will change from opaque to white when cooked and the shell will turn bright red.

Like most seafood, it's preferred that you undercook lobsters a little and let them rest a few minutes before serving. Seafood will continue to cook after being removed from the heat.



*For something a little bit different, try infusing the water in your steamer with a dash of wine, white vinegar or a pinch of sugar.*



## BOILED LOBSTER



Boiling lobster is ideal for fresh lobsters and raw lobster. Boiling time depends on lobster weight & your equipment.

Cooking time guide on a medium heat

- 400 gm = 8 - 10 mins
- 500 gm = 10 - 12 mins
- 600+ gm = 12 - 15+ mins

The meat will change from opaque to white when cooked and the shell will turn bright red.

Add sea salt to your water when boiling for an authentic taste. Approximately 17 grams sea salt per litre.



*If serving cold, after cooking lobster plunge into ice slurry or chiller to arrest the cooking process.*

## BBQing lobster

Lobster on the grill is a great way to make your BBQ special. The following guide is best used with fresh or raw lobster.

Firstly split the lobster lengthways along the back (see "how to split") and discard liver/ tomalley if you don't want to use it.

If you don't want the tomalley, wash this out under a tap with the tail pointed up. This ensures the fresh water doesn't wash away the slightly salty taste of the meat.

Secondly, you can sprinkle sea salt on the lobster flesh, add olive oil or butter if desired. Place lobster shell side down on grill for around 5 minutes (depending on size of lobster). Shell side down helps retain the juices.

Thirdly, when the meat closer to the tail has turned white, but the meat near the centre is still slightly opaque, turn lobster over (flesh side down) for a minute or two.

Turn the lobster over again, add olive oil or your desired sauce (such as herbed butter) and allow to warm through (further minute or two)



*If you purchase frozen cooked lobsters, these can be "heated" through on the BBQ in a similar way. By adding some "charring" lines & a sauce on the meat and no one will know any different!*

*Like most seafood, don't add any sauces or flavouring to the flesh until most of the cooking has taken place*

# LOBSTER COOKING TIPS

## Western Rock Lobster Tips for Presentation.

### SPLITTING A LOBSTER

Splitting a lobster is often required prior to cooking, for example in a steamer or on the BBQ.

If splitting a fresh lobster, ensure you've followed the steps for humanely euthanising before attempting and if you need to split a frozen lobster, you'll need to defrost it first.

1. Lay lobster belly down on cutting board & insert a large knife (blade facing forward) into the head section, press firmly to split the head in half & remove knife
2. Re-insert knife (blade facing backward) and split the rest of the lobster in half.
3. Ensure the shell is cut through.
4. Gently open the lobster, taking care not to separate the head from the tail. Using the tomalley is a personal choice (soft green flesh found in head section), this can be washed away under a tap.



*Only split fresh or raw lobster when you're ready to prepare/ cook. Harmless oxidisation of the flesh can occur if you leave a split lobster in a fridge.*

### HOW TO BUTTERFLY A LOBSTER TAIL



Butterflying a lobster tail is ideal for baking, roasting or grilling. Make sure you start with a defrosted, raw lobster tail before you attempt to butterfly.

1. Place the lobster tail shell side up on a sturdy surface.
2. Starting at the thickest end of the tail, cut through the centre of the top shell with kitchen scissors down to the tail base/ fan.
3. Make sure you are only cutting into the shell and not the meat itself and do not cut the tail fan - leave this intact for presentation.
4. Gently pull the shell halves apart, the tail meat should be visible.
5. Using your thumbs, gently separate meat from shell, keeping meat attached at the base of the tail fan.
6. Pull meat upwards and lay over shell.
7. You may need to squeeze the shell halves together beneath the meat
8. Make a small slit along the centre line of the meat so you can rest meat across tail



*If baking your lobster tail, add your desired sauce/ marinade before you start cooking, and add a second coating approximately halfway through to keep meat moist.*

## WA Rock lobster - Top Do's and Don'ts



- Always cook in salt water
- Plan your preparation before you start
- Wear sturdy kitchen gloves when handling crays - they're called "spiny lobsters" for a reason!
- Larger lobster legs contain a lot of meat, make sure to use them in your dish
- If you still have questions, don't hesitate to reach out - we're here to help



- Don't overcook
- Don't leave fresh lobster at ambient temperature for too long
- Don't split lobster unless you're ready to prepare immediately
- Don't drop fresh lobster into boiling water
- Don't lose your head. Lobster heads contains plenty of flavour, they can be frozen & used in a seafood stock