



How to Steam Lobsters

Steaming is our recommended method of cooking lobsters. Compared to boiling, steaming is less prone to overcooking and it preserves the flavor of the lobster meat.

- 1) You will need a lobster pot or large stock pot with a tight fitting lid. The pot **must have a tight fitting lid** to prevent the steam from escaping while cooking
- 2) Place two inches of water in the pot and bring it to a rolling boil
- 3) Place your lobsters in the pot (try to curl the tails under the body of the lobsters as you place them in)
- 4) Place the lid back on the pot (place something heavy on the lid if any steam is escaping from the pot)
- 5) **Don't remove the lid during cooking**; trust the cooking timetable below
- 6) The lobsters should be bright red when done
- 7) When done cooking, remove the lobsters from the pot, rinse if necessary, and enjoy!

The following cooking guidelines apply whether you are cooking one lobster or ten lobsters (although we recommend cooking them in small batches unless you have a very large lobster pot)

If the lobster weighs:	Steam:
1 pound	12-14 minutes
1 ¼ pounds	15-18 minutes
1 ½ pounds	18 minutes
2 pounds	20 minutes
3 pounds	28 minutes