



# Handling and Storing Live Lobster



Keep transport time to a minimum.



Refrigerate your lobsters immediately, and keep them cold until you are ready to cook them (best around 4°C).



The colder the lobster is, the less it will move.



Keep your lobsters moist with wet newspaper or damp cloth.



Prepare or dispatch lobster within a few hours of purchase.



Do **NOT** store live lobsters in fresh or salt water, your freezer, in sealed plastic bags (lobsters need to breathe), or let them sit in melted ice.

The best way to keep your lobsters alive for up to 24 hours is to store them covered with a damp cloth or newspaper in the coldest part of the refrigerator.



## Humanely Dispatching Lobster

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

### Stage One

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

1. Chilling in a saltwater ice slurry (at a ratio of 3:1 giving a consistency of wet cement) at a temperature around -1°C 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.

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 °C.

### Stage Two

Once the lobster is stunned and showing signs of insensibility, they should be mechanically killed immediately.

This is most easily achieved by splitting the lobster along the midline from head to tail with a large, sharp knife or inserting a knife deeply between the horns then turn the lobster over and cut to an inch deep from between the rear legs along to the mouth parts (spiking).

Lobsters should never be boiled without first being chilled to render them insensible AND mechanically dispatched.



Western  
**ROCK  
LOBSTER**

World leading sustainable fishery

# Cooking Western Rock Lobster at Home



The most popular ways to cook fresh lobsters are boiling, steaming, and barbecuing. Each produces delicious results, so the method you choose depends on what flavour and texture you are in the mood for.

## Boiled Lobster



Fill a large pot 2/3 full with fresh or sea water. Bring to a boil. If using fresh water, add a tablespoon of salt per litre of water. Fishers prefer to use natural seawater.

Carefully plunge the lobster/s into the water, head first. Cover, return to a boil, and cook according to the time chart below. The meat will change from opaque to white when cooked and the shell will turn bright red when done.

Remove the lobsters from the pot with tongs and place on a plate to drain and cool.

**Benefits:** *Boiling will cook the meat a bit quicker and the meat will slip out of the shell more easily than with steaming.*

## Steamed Lobster



Add 2 inches (50 ml) of salted water to a large stock pot. Fit a steam rack into the bottom. Cover and bring to a boil.

Add the lobsters one at a time, and be sure not to overcrowd the pot. Cover, and cook according to the time chart below.

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.

**Benefits:** *More tender meat, harder to overcook.*

## Barbecued Lobster



Split the lobster lengthways along the back with a very sharp knife. Peel off the black vein from the tail and remove the tomalley by brushing it away gently with your fingers under running water (tail pointed up and not under the tap to ensure fresh water doesn't wash away the slightly salty taste of the meat).

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

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).

**Benefits:** *Barbecuing the lobsters will infuse the smoky flavour of the coals and any marinades or butters.*

## Lobster Cooking Chart

WEIGHT	BOIL	STEAM
400gm	8 - 10 mins	10 - 12 mins
500gm	10 - 12 mins	12 - 14 mins
600+ gm	12 - 15 + mins	14 - 17 mins