



Lobster Gram[®]

2012 Cooking Manual & Recipe Book



CELEBRATING **25** YEARS

Become an expert lobster cooker (it's so easy) - see inside!

LobsterGram.com



1.800.548.3562

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From Our Shore to Your Door...

All Lobster Gram lobsters are fresh, hard shell lobsters - the pick of the catch - so that you receive only the finest quality lobsters available. Here at our Maine Distribution Center, we've packed your lobsters with great care so they will arrive alive - guaranteed. Occasionally the long journey from shore to door may leave the lobsters somewhat sluggish or motionless, though this is no cause for concern. If you have any questions about your lobsters or your Lobster Gram package, call 1-800-LIVE-LOB (1-800-548-3562), or visit the FAQ page of our website at www.LobsterGram.com. For more about how to prepare your lobsters today - please read on. Enjoy your Lobster Gram experience!

Sincerely, **Dan "The Lobster Man"**

How To Baby-Sit Your Live Lobsters

DON'T PUT YOUR LOBSTER GRAM LIVE LOBSTERS IN TAP WATER PRIOR TO COOKING. This will literally drown them and make them very unhappy and dead. This also means no ice cubes!!

YOU MUST COOK your Lobster Gram live lobsters the day you receive them, as well as any fresh clams or mussels you may have received. **THIS IS VERY IMPORTANT! ALSO, NEVER FREEZE A LIVE LOBSTER!** Fresh Catch fish and seafood can be refrigerated for 2 days, or frozen.

PLEASE leave the lobsters in their reusable cooler until dinner - as long as the box and cooler arrive intact and the package is not placed next to a heat source. It's okay to open up the box and cooler to have a look at the contents inside, but replace the cooler lid tightly and close up the box when you are done.

IF you can't enjoy your live lobster feast tonight, please read the section in this cooking manual cleverly titled "What To Do If You Can't Enjoy Your Live Lobsters Tonight", on page 5, or call us to speak with a manager.

ENJOY! Not everyone is lucky enough to receive a Lobster Gram. If for some reason you are not completely satisfied, call our Lobster Consultants as soon as possible at 1-800-LIVE-LOB (1-800-548-3562) or send an email to: customerservice@livelob.com. We want everyone who receives a Lobster Gram to be happy!

Customer Service Hours (subject to change):
Mon. - Thurs 9am - 6pm, Fri. 9 am - 5pm ET
or visit the FAQ section of our website 24/7!

Scan this code with your smart phone to watch a video of Dan "The Lobster Man" showing how to boil a lobster - or go to: www.LobsterGramHowTo.com



How To Boil A Live Lobster

Congratulations! You are the proud recipient of a fresh-from-the-ocean, Lobster Gram® live Maine lobster gift package! To ensure your ultimate gratification, please follow each step carefully. If you're interested in being a little more adventurous and want to try one of our lobster recipes, or you have other seafood, please refer to the Table Of Contents. - **Dan "The Lobster Man"**



STEP 1 - Beverage Selection. Your Lobster Gram consultants believe any quality beverage will complement your lobster beautifully. If you're looking for just the right wine, check out our expert wine recommendations later in this Cooking Manual. Please drink and cook responsibly!



STEP 2 - Choice Of Companion. This is the perfect opportunity to invite that special person to share your Lobster Gram with you.



STEP 3 - Setting Up. Fill a stock pot with enough water to cover the lobsters, but don't put them in yet! Bring water to a strong boil. **TIP:** Don't add salt to accelerate the boiling - it may cause an over-boil all over your stove. Several customers have recommended massaging the backs of the lobsters to put them in a trance. This will relax their muscles and make them play possum. Try it, if you like.



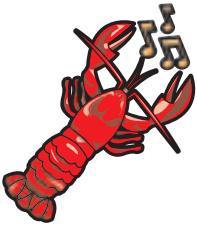
STEP 4 - Accompaniments. While waiting for the water to boil, get crackin' on any other seafood dishes, soups or side dishes you are including in your feast. Red potatoes and corn on the cob make tasty, traditional lobster partners, as well as blueberry pie for dessert.



STEP 5 - Getting Down To Business. Secure the bib around your clavicle region. Fortify yourself with a swig of your chosen beverage. You are now about to become an expert Lobster Gram lobster cooker!



How To Boil A Live Lobster



STEP 6 - Taking The Plunge. Firmly grasp the lobsters behind their arms and carefully plunge them head-first into the boiling water. Cover the pot with a lid, and don't worry - lobsters can't scream because they don't have any vocal cords. This is an old wives tale - sometimes there is a whistling sound when air escapes from their shell! However, be careful of their tails splashing water and of over-boils.



STEP 7 - Setting the Timer. When the water returns to a full boil, start timing your lobsters and reduce your heat to maintain a soft boil, uncovered for the remainder of the time. (For higher altitude, you may need to add one minute to the listed cooking time. First check your lobster for doneness; if not done put back in water for one-minute intervals until cooked.) Don't skip ahead, but checking for doneness is explained in Step 13.

Lobster Quantity	Lobster Size	Cooking Time
As many as you can fit in your pot!* Multiple lobsters don't change the cooking time.	1 lb. lobster	9 - 10 minutes
	1 1/4 lb. lobster	10 - 11 minutes
	1 1/2 lb. lobster	11 - 12 minutes
	2 lb. lobster	12 - 13 minutes
	3 lb. + Super Jumbo	15 - 16 minutes

* For simple guidelines, see our Lobster Pot Chart on page 5.



STEP 8 - Final Preparations. While munching on veggies, slice a lemon into quarters. Melt some butter over very low heat (add some minced garlic, if you like). Set the table with a tablecloth, napkins and candle. Last, but not least, for that ultimate elegant touch, light the candle and take a swig of your beverage.



STEP 9 - BZZZZ. Hold everything! Stop whatever you're doing! Your lobsters are done cooking and you're ready for - you guessed it - STEP 10!



STEP 10 - Lobster Removal. Fish your lobsters from the pot with tongs or any handy utensil, and place them on a plate. They should be deep red to pink in color. Be very careful - those crustaceans are hot! You may want to use some rubber kitchen gloves at first to handle them. NOTE: Don't dump your water until you're sure your lobsters are done!



STEP 11 - Not For The Faint Of Heart. Lobster lovers, this is where you get to show off your fine motor skills. Twist off the entire arm from the body and remove the rubber bands from the claws.

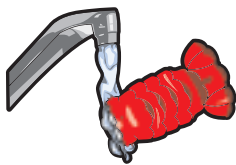
How To Boil A Live Lobster



STEP 12 - It's Cracker Time. With your shell cracker (or any good nutcracker or pliers will do), crack open the claws and joints, and push out the meat with your fork. Careful! Hot water may spill out of the shell when you crack it.

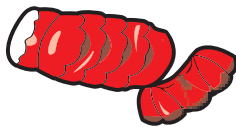
(If you have our Super-Jumbo 3 lb. lobsters: on a strong table or flat surface lay out some newspapers and place the claws on top. Put a hot mitt on top of the claw, then give it a good whack or two with a heavy mallet or hammer. That should crack the shell!)

STEP 13 - Getting To The Meat Of The Matter. Break off the tail section from the body at the mid-section and rinse off the innards (the greenish substance you may see is called the "tomalley" or liver).

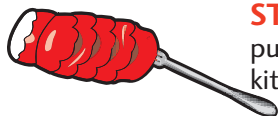


Now is also the perfect opportunity to **Check for Doneness.** All the tail meat should appear firm and completely white. If there is any sign of translucent grayish color or the roe (see Step 14), is still black & shiny, it is not done. Throw your tail back in boiling water for one-minute intervals until done.

STEP 14 - Don't Quit Yet. Next, crack off the flippers from the tail as shown. If you see red in the tail section, this is the "roe" or lobster caviar, which obviously, only the females have. It is quite tasty and sells for hundreds of dollars per pound!



STEP 15 - A Fork In The Road. Using a seafood fork, push out the meat from the tail, or cut through the shell with kitchen scissors. At last! You are ready to eat!



STEP 16 - Seasonings. Squeeze some lemon on a chunk of lobster and plunge it into the warm butter (or vice versa). Yummm!! You may be surprised by the texture of a Maine lobster. It is nice and firm, with a succulent sweet flavor which makes it an American favorite. We think you'll agree!



STEP 17 - The Final Frontier. As with all great things, your Lobster Gram meal will eventually come to an end. If you're looking for one last morsel, break off the legs and suck out the meat. After this, sadly, there is no more lobster.

We love to hear from our customers! Please send comments to: customerservice@livelob.com or post to our Facebook or Twitter pages!



Nutritional Information (3.5 oz. serving, Maine Lobster raw): calories 90, calories from fat 8.1, protein 18.8 g, fat 0.9 g, saturated fat 0, sodium 253 mg, cholesterol 95 mg, Omega-3 0.2 g.

Lobster Pots by Size

Number Of Live Lobsters You Can Fit Per Pot-Size	12 Qt. Cooking Pot	16 Qt. Cooking Pot	21 Qt. Cooking Pot	34 Qt. Cooking Pot
Chicks (1 lb. lobsters)	2-6	7-10	11-14	15-24
Quarters (1.25 lb. lobsters)	2-5	6-9	10-12	13-20
Halves (1.5 lb. lobsters)	2-4	5-6	7-10	11-16
Jumbos (2+ lb. lobsters)	2	3-4	5-6	7-12

NOTE: If you don't have a large enough pot, use two smaller pots. As long as you use the same amount of water in each pot, they should cook at the same rate. You can also cook the lobsters in batches if you only have one pot. The 12, 16, 21 and 34 qt. pots are available for purchase. Our 19 qt. Steamer Pot is also available which includes the steamer base for perfectly steamed lobsters or crabs!

What To Do If You Can't Enjoy Your Live Lobsters Tonight

COOK your lobsters according to the directions in Steps 3 - 10.

DON'T crack out the meat yet. After your lobsters are boiled, remove from the water, immerse or run under cold water until cool, drain and put them in a re-sealable plastic bag in the refrigerator. Freeze if not using within a day or two, but don't freeze for more than one week - the longer they are frozen the less tasty the meat becomes. Be sure to thaw frozen lobsters in the refrigerator for at least 24-36 hours before reheating them.

WHEN you are ready to enjoy your lobsters, remove them from the fridge. Feel free to enjoy them cold since they are already fully cooked. But if you prefer warming them up, bring a pot of water to a full boil, then drop the lobsters in the pot. Heat through for 1-2 minutes, just long enough to warm up the lobster meat. Be careful to remove them promptly, so they don't overcook!

Mmmm! Now you are ready to begin your gourmet lobster dining experience. Follow Steps 10 through 17 and enjoy!



Lobster Steaming

The New Englander's Way - Steaming Live Lobsters or Lobster Tails

LIVE - Steaming can tend to cook a live lobster unevenly, unless you have lots of experience, but if you want to make lobster like a true New Englander, here goes! Put about 2 inches of water in the bottom of a large kettle. Bring the water to a rolling boil. Put in the live lobsters one at a time and cover tightly with the lid. When it returns to a boil, set timer for 9 - 13 minutes. Check the tail meat for doneness (meat should be all white, no grayness). If not done, put back in pot for an extra minute or two. Times may vary.

TAILS - Add 1/2" water to a pot or skillet and bring to a boil. Lay your thawed tails flat on the bottom of the pot in the water, cover tightly with a lid and continue cooking over a low boil using the same cooking times as listed on page 7 for boiling. Turn tails over halfway through for more even cooking. Tails may curl during cooking. Bon Appétit! - Dan "The Lobster Man"

A Guide To Lobster "Stuff" By Color

Inside a lobster's body lies many colorful and mysterious substances. Here is a quick guide to decipher everything.

Black Stuff - An uncooked or undercooked female lobster may be harboring eggs, also known as roe or lobster caviar. Prior to cooking, these eggs will appear thick, shiny and black, and are found throughout the tail. If you have cooked your lobster and still see the black stuff, cook them longer and the black stuff will turn into...

Red Stuff - Once the above mentioned female lobster is fully cooked, those eggs turn bright red in color. Their texture becomes firmer and they look more like the lobster caviar you may have seen used in restaurants or at your local sushi bar. It's quite delicious - try it if you're feeling adventurous.

Green Stuff - The brownish-green substance is the tomalley or liver of the lobster. All lobsters have tomalley and you'll discover it when you separate the tail from the body. Simply rinse it off before digging in, and you'll be ready to enjoy your lobster.

White Stuff - Once a Lobster Gram lobster is cooked, you will always see thick whitish foamy stuff around the meat and in the cooking water. This is the protein, made from the lobster's blood and other tissues, and can just be rinsed off. It's completely normal and harmless, yet another sign that your lobsters are incredibly fresh!

Pink Meat - Occasionally Maine lobster tail meat will have a pinkish tint to it. This is NOT an indication that the meat has gone bad by any means! The color of the meat is usually an indication that you have received a female lobster that is either preparing to produce eggs, or just did. It has no effect on the quality or taste of the meat.

We offer various sizes, so please refer to the label on your box of tails for the weight of your lobster.

Thawing

The tails must be thawed prior to cooking. For best results, put the tails in their wrappers on a plate (to catch any juices), in the refrigerator the day before you plan to cook them. **Quick thaw method** - keep tails in sealed bags and soak in cold water 30-60 minutes, changing water once.



Pick Your Preparation

Below are the two easiest and most reliable ways to prepare your lobster tails, or see page 6 for tips on steaming your lobster tails. Whichever one you choose, rest assured, you are in for a memorable dining experience. Happy Cooking and Bon Appétit!



Boiled Lobster Tails

We have found the best way to get consistently perfect results is to boil your tails in water. First, fill a pot with enough water to cover your lobster tails, but don't put them in yet! You may wish to add salt or other seasonings to the water, but it is not necessary for cooking. Bring your pot of water to a boil and drop in your tails. When the water returns to a soft boil, reduce heat, set your timer according to the times below, and simmer uncovered for the remainder of the time.

Tail Quantity	Tail Size	Cooking Time
1 - 12 tails	3 - 4 oz.	2 - 4 minutes
2 - 6 tails	4 - 6 oz.	3 - 4 minutes
2 - 6 tails	6 - 7 oz.	4 minutes
2 - 6 tails	8 - 12 oz.	5 - 6 minutes
2 - 6 tails	12 - 14 oz.	6-1/2 minutes

**Not sure if your tails are done? Preparing our Giant Lobster Tails?
See page 9 for cooking instructions and "Doneness Tips".**

Grilled Or Broiled Lobster Tails

Insert a long metal skewer lengthwise in each tail to keep it from curling. Then we recommend parboiling before grilling. Drop the tails in a pot of boiling water. When the water returns to a soft boil, reduce heat, set timer for the instructed time and simmer uncovered for the remainder of the time. Remove the tails from the water.

Lay the tails on their back side, with the soft underneath side of the shell facing up. Take a knife and cut through the shell lengthwise down the middle. Prying the shell open, pour melted butter and squeeze lemon juice right into the meat. Grill with the cut side facing up, at medium-high heat or broil on low for the time below or just until done.

Tail Quantity	Tail Size	Par-boil Time	Cooking Time
1 - 12 tails	3 - 4 oz.	2 minutes	2 - 3 minutes
2 - 6 tails	4 - 6 oz.	2 minutes	2 - 3 minutes
2 - 6 tails	6 - 7 oz.	3 minutes	2 - 3 minutes
2 - 6 tails	8 - 12 oz.	5 minutes	3 - 4 minutes
2 - 6 tails	12 - 14 oz.	5-1/2 minutes	4 - 5 minutes



Baked Lobster Gram Tails - as seen on TV

When Dan “The Lobster Man” is showing off our gorgeous lobster tails on national TV, he knows how to make them look mouthwateringly perfect - and now so can you! It’s so easy, but dinner guests will think you spent hours preparing them. Don’t worry, the secret’s safe with us!

NOTE: Always start with thawed lobster tails (best way to thaw - place frozen tails in cold water for 30 minutes).



Step 1



Step 2



Step 3A



Step 3B



Step 4A



Step 4B

STEP 1 - Preheat your oven to 350. Do NOT use convection oven settings. Prep your thawed tails with kitchen scissors or a very sharp knife, cut lengthwise through the top of the lobster shell. *Note: When cutting the shell, you will also be cutting through the meat, which is okay - this butterflies the meat for you and makes a very nice presentation. If you wish to remove the digestive tract (the dark line that runs along the length of the tail), this is a good time to do that as well.*

STEP 2 - Lay the tail on its side, cover it with a towel or napkin to protect your hands, and push down to crack open and loosen the shell.

STEP 3A&B - Separate the meat from the shell using your fingers. Starting at the flipper end, carefully move forward and loosen the meat from sides and bottom of shell, but leave the meat attached at the flipper end. Rinse to remove any shell fragments.

STEP 4A&B - Lift meat through the cut shell opening and lay on top of shell. Voila - you did it!

Place the tails in a baking pan and add 1/4” water to the bottom of the pan. This adds moisture to the tails as it bakes. Fan out the tail fin shell to give the tail stability. Baste with melted butter and sprinkle lightly with paprika for color if you like.

Bake 15-19 minutes. The longer they are baked, the firmer the meat will be, so be careful not to overcook to avoid a tough tail. Serve immediately with lemon wedges. Get ready for a 5-Star restaurant dinner in your own home!!

Scan this code with your smart phone to watch a video of Dan “The Lobster Man” making the Baked Tails - or go to: www.LobsterGramHowTo.com



We think these absolutely huge lobster tails are the makings of the most amazing lobster dinner ever!! And don't worry about their size affecting their tenderness - when cooked correctly they are just as tender as smaller tails.



Important!! You must completely thaw your Giant lobster tails prior to cooking, in order for your tail to cook properly and be as delicious as possible!

Boiled Giant 20-24 oz. Lobster Tails

First fill a pot with enough water to cover your lobster tails (but don't put them in yet), and bring to a boil. You may wish to add salt or other seasonings to the water, but it is not necessary for cooking.

In the meantime, use a sharp knife to cut lengthwise down the softer underneath side of the shell to split the tail down the middle. This allows the thick inner part of the tail meat to cook faster, preventing the outer meat from being overcooked.

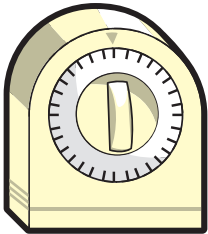
When the water comes to a rolling boil, put in the tails. After the water returns to a soft boil, reduce your heat, set your timer for **9 minutes** and simmer uncovered for the remainder of the time.

When your timer goes off, keep your heat on and remove the tails from the water using tongs. Test for doneness (see below), and turn off your heat when your tails are done. Then get your napkin in place quick, to prevent your drool from soiling your clothes! Take pictures & enjoy!

Grilled Giant 20-24 oz. Lobster Tails

Insert a long metal skewer lengthwise in each tail to keep it from curling. Lay the tails on their back side, with the soft underneath side of the shell facing up. Take a knife and cut through the shell lengthwise down the middle. Drop the tails in a pot of boiling water. When the water returns to a soft boil, reduce heat, set a timer for **7 minutes** and simmer uncovered for the remainder of the time. Remove the tails from the water.

Prying the shell open, pour melted butter and squeeze lemon juice right into the meat. Grill with the cut side facing up, at medium-high heat or broil on low for **3 - 4 minutes** or just until done - don't overcook!



Doneness Tips: To judge doneness, be sure to remove all tails from the water, but you only need to test one. Use a knife to cut through the shell into the thickest part of the tail meat. If it appears completely white with no sign of translucent grayish color, then it is done. If it still has some translucency or the roe (eggs), still appears black & shiny, put the tail back in the water a minute or two until done. Remember, it is better to undercook your lobster and put it back in if necessary, than to over cook it!



Clams and Mussels (fresh and frozen)

Some clams or mussels may be open upon arrival. This is okay, they are only trying to breathe. After cooking, all shells should open up. Discard any that may remain closed. **NOTE:** If you received fresh clams or mussels and can't cook them today; place them in a bowl in the refrigerator for up to one day, covered with the moist pad that came in your cooler. Prior to cooking, discard any that opened during their slightly-extended storage and don't close when their shell is tapped.

Clams

Fresh Clams - Our clam of choice is the Little Neck, a versatile hard-shell clam.

Steaming (recommended): Put 1 inch of water in a large sauce pan. Bring the water to a boil, and add the clams. Cook for around 4 minutes. After they open their shells, let them cook about one more minute. Careful - overcooking will make them tough!

Boiling: You may go ahead and cook your clams right in their mesh bag. Gently drop the clams in the bag in your boiling lobster water, with the lobsters if there is room. If not, cook the clams first - they don't take long. The outer clams will open within a minute or two. Once they do, cook for one minute longer. Then with a long handled fork or tongs, remove the bag, cut open and carefully pour the clams into a strainer. Done!

Frozen Cooked Clams (prepare from frozen) - Reheat In Bag: Place bag in boiling water, approximately 6-8 minutes. Cut bag and pour out opened clams and juice. **Reheat Out of Bag:** Cut bag and remove clams. Steam or sauté until clams open, approximately 6-8 minutes. **Reheat In Microwave:** Cut small slit in bag. Place bag in a shallow dish in the microwave with slit facing up. Microwave on High until clams open, about 5-7 minutes.

Mussels

Fresh Mussels - Mussels are thin-shelled, elongated clams usually dark blue in color. They may have a strong aroma, natural to this shellfish. Scrub to remove any mud or sand. Steam for 3-5 minutes in an inch of liquid: water, wine, tomato sauce, etc., until just after they open their shell. Some mussels may have a beard, the membrane that stores sand and grit. The beard is easily removed by pulling it away from the meat. Save the clear cooking juices. Serve mussels over pasta or in bowls with bread on the side to soak up the juice. Or use the juice as a base to make soup or sauce.

Frozen Cooked Mussels (prepare from frozen) - Make sure to remove any beards that may remain before serving.

Reheat In Bag: Place bag in boiling water, approximately 6-8 minutes. Cut bag and pour out opened mussels and juice. **Reheat Out of Bag:** Cut bag and remove mussels. Steam or sauté until mussels open, approximately 6-8 minutes. **Reheat In Microwave:** Cut small slit in bag. Place bag in a shallow dish in the microwave with slit facing up. Microwave on High until mussels open, about 5-7 minutes.

Dungeness Crab - pre-cooked & frozen

Put in a large container to thaw overnight in the refrigerator. Then, soak in cold water for 15 - 30 minutes, changing water once (to remove salt-water glaze). To serve cold, drain off excess soaking water and proceed to "Preparation" Section below. To serve warm, bring a pot of water to a full boil and gently drop in the crabs, heating for a minute or two. Then remove with large tongs and drain.

Dungeness Crab Cracking

1. To remove the back shell, hold the crab (belly-side up), and pull off the triangular-shaped flap, or "apron". Then place your thumb between the body and shell at the rear of crab and separate the body from the shell.
2. Remove the finger-like "lungs" on either side of the body, scraping them off with your thumb or a spoon edge. Rinse away any loose "crab butter" (the white-yellow fat inside the back of the shell) under a stream of water.
3. Separate legs from the body and arrange on serving dish (you can crack the shells with a shell cracker, or let your guests do their own "cracking").
4. Lay the body on a chopping board and cut into 4 pieces, or break in half with your hands for 2 large servings. Place the body pieces on serving dish, surrounded by crab legs.
5. Use a seafood fork (or the tip of one of the legs) to extract meat from legs and body. Dip each succulent morsel in butter - topped off with a squeeze of fresh lemon, and enjoy.

Jonah Crab Meat - "Fresh Catch"

Our Fresh Catch Jonah Crabmeat is fully cooked and picked, and ready to use in your favorite crabmeat recipe. Please keep refrigerated and use within 4 days of receipt. If you must, it is acceptable to freeze in the unopened container for up to two weeks.

King Crab - pre-cooked & frozen

If still frozen, thawing first in the refrigerator is recommended. Then, soak them in cold water for at least 30 minutes, changing water once (to remove salt-water glaze). Reheat in a steamer or drop in a pot of boiling water for a minute or just long enough for the meat to become hot. Serve cold for a fancy crab cocktail with some lemons and cocktail sauce!

Halibut & Swordfish Fillets - fresh frozen

Halibut and Swordfish share similar characteristics in taste and texture, and cooking techniques are the same. Both are a hearty fish with flavorful meat that is slightly sweet and very firm. Excellent for grilling, broiling or baking. Grill or broil 1-inch thick fillets about 6 inches from moderate coals (or broiler flame) about 4 minutes per side. Watch for the meat in the thickest part to turn a solid opaque white when done and it will flake easily with a fork.

If baking, preheat oven to 400°. Using your favorite marinade (we like olive oil, lemon juice, garlic, oregano & basil), allow to marinate for 30 minutes. Bake for 10-15 minutes and check for doneness as mentioned above.

Lobster or Snow Crab Claws - pre-cooked & frozen

If still frozen, thawing first in the refrigerator is recommended. Then rinse under cold water, drain, arrange and serve a beautiful lobster or crab cocktail! The lobster claws are pre-scored, so use them for easier cracking using shell or nut crackers. For the Snow Crab claws, using your teeth, gently bite the crabmeat and pull. The meat will slide off the shell. Mmmm, good enough to make a meal out of it if you're not careful!

Salmon Fillets - fresh frozen

Salmon puts you in the pink with vitamins, minerals and a healthy dose of the omega-3 oils thought to prevent arterial diseases. One pound of fillets will serve two to three people.

Prepare this wonderfully versatile fish in a variety of ways. It's excellent for broiling or grilling because it won't dry out too much with its abundance of natural oils. Grill or broil 1 inch thick fillets about 6 inches from moderate coals (or broiler flame) about 4 minutes per side. Watch for the meat to turn color when done - from dark pink or red to a lighter pastel opaque color, and the meat flakes easily. As soon as it does, stop cooking and serve!

Sea Scallops - fresh frozen or "Fresh Catch"

So tender and sweet, enjoy this classic shellfish with a good white wine and crisp salad. These are fabulous seared, with the inside slightly underdone which preserves its delicate juiciness. Enjoy Fresh Catch Scallops within 3 days or freeze for up to 3 months. **To Sear:** Rinse fresh or thawed scallops and dry on paper towels. Cook in a sauté pan in olive oil over high heat just 3-4 minutes per side.

To Broil: Rinse fresh or thawed scallops and dry on paper towels. Line broiler pan bottom with foil and spray with non-stick cooking spray. Arrange on bottom of broiler pan, brush with melted butter and lemon juice, sprinkle with salt and pepper. Broil 5-7 minutes until golden brown.

Shrimp - pre-cooked & frozen

Simply thaw, rinse, drain, and serve or prepare. Try these succulent cooked shrimp cold, as a shrimp cocktail - or skewer them with some roasted veggies and garlic butter on the grill or broiler for a few seconds, to achieve that smoky, crunchy flavor. Use them as an appetizer or entrée, but beware, our shrimp are incredibly delicious and addictive - you may have trouble sharing!

Tuna Fillets - fresh frozen

This thick hearty fish is excellent for grilling, baking or broiling. Marinating tuna for 30 minutes to 1 hour adds and enhances the natural flavors. Low sodium soy or teriyaki sauces mixed with canola oil, lemon juice, fresh ginger and garlic - always makes a fail-safe marinade. Grill or bake allowing 10 minutes per inch of thickness.

Succulent Steaks & Chops - The Prep Page



Storing. We think the best way to enjoy your steaks is as soon as possible after they have arrived. This ensures optimal freshness and quality. If this is not possible, then we have these recommendations for their storage:

- If steaks are still frozen and in original packaging, simply insert in a sealable plastic bag, date and freeze for up to 3 months.
- If steaks are thawed but still cold to the touch, they should be stored in the refrigerator on a plate and prepared within 2 days.



Thawing. Be sure to safely thaw any frozen meat prior to cooking, so that they cook more evenly. When it comes to thawing, there are definitely some really good and some really bad techniques. If you follow these tips, you'll be thawing just like a pro.

The Fridge - If you have time, simply put the meat on a plate in the refrigerator the day before you will be cooking them; 24-36 hours is enough.

H₂O -If you're in a crunch for time, the packaged meat can be placed in a plastic sealable bag and thawed by submerging it in cool water, about 1 hour depending on size.

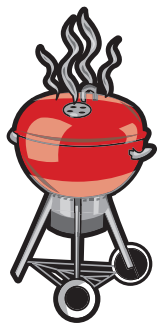
Micro-No-No - You may be tempted to use your microwave to thaw your meat, but don't do it! The result will be less than desirable.



Aging Is Good (at least for steaks). After thawing, your steaks may have a dark reddish-brown color due to the aging process. We age all your steaks a minimum of 21 days in a temperature controlled cooler, set just above 32° F. This creates the perfect environment to break down the natural fat and gristle molecules in the meat. It's what makes our beef so melt-in-your-mouth tender and more flavorful than non-aged steaks.



Cooking Perfect Steaks & Chops



Pick Your Fire. Whether you're a die-hard charcoal grill fan or prefer the fast 'n' easy gas grill - excellent results can be had by all. Oven broilers work well too, if the weather isn't cooperating for outdoor cooking. Timing may vary slightly between methods due to differences in the fire intensity, wind, weather and even placement on the grill. TIPS: Build your fire or set your grill for medium high heat and KEEP THE LID ON!! For oven broiling, make sure to leave the food 3" from the heat.



Special Seasonings. Our steaks are so flavorful they don't need any steak sauce! The best way to add a little zing to your meat is to use a marinade which enhances the natural flavor. Here are a few ways the folks here at Lobster Gram recommend!

- Rub uncooked steak with olive oil, a fresh cut garlic clove, and sprinkle with salt and pepper.

- Add hickory, mesquite, or pecan wood chips to the coals after soaking the chips in water at least 30 minutes.

- Marinate uncooked steak about 1 hour in teriyaki sauce, or balsamic vinegar & olive oil with ground pepper.



Ready, Set...Cook! Get the fire of your choice started, letting it burn until it is ready, at a medium-high heat preferably. NOW - It is time to cook your steaks to perfection! Use a spatula or tongs to move your filets. A fork will pierce the meat and the natural juices will dribble out, which dries out your filets and makes your taste buds very unhappy.



Now, place the steaks on the grill. If one person likes his or her filet cooked more, then wait a few minutes to add the other one so they will be ready at the same time. Timing is everything! NOTE: If your steak is very thick, feel free to butterfly it into two 1" thick pieces (to speed up the cooking time), and follow the cooking times for that 1" thickness.



Let the steaks cook on one side for about 2 minutes, then using your tongs turn it over. What you are doing is searing the juices of the meat in. This little trick will produce juicier steaks, and makes you look like a great cook! Be sure to subtract these 2 minutes from the total time your steaks are on the grill, if using our timing chart as a guide.



Just minutes away. The times below are some general estimates of how long it will take to cook your steaks. Remember, times will vary depending on cooking method, grill temperature, wind, and atmosphere, so be sure to check your steaks regularly. It depends on personal taste of course, but we do not recommend the well-done method which saps all the juiciness and flavor from the meat.



Give them a rest. We recommend letting your steaks take a nap after tolerating all that heat! Remove your steaks when they reach 5-10 degrees below the recommended temperature in the chart below. Place them on a serving dish and cover loosely with foil for 5 to 10 minutes. Their temperature will actually continue to rise while resting, and their yummy juices will lock themselves inside, right where you want them - rather than running out all over your plate!

Dan's Cooking Chart - Minutes Per Side:

	Rare	Medium-Rare*	Medium	Well Done
1" Thick	3	4	5	6
1" - 1.5" Thick	4-5	5-6	6-7	8-9
1.5" - 2" Thick	6-7	7-8	8-9	9-10
Bone-In Chops	7-9	9-11	10-12	12-15
Internal Temperature	125°-130°	130°-140°	140°-150°	170°

*Medium-Rare is recommended for all types of steaks and chops for best results.



Reap the rewards. It's finally time to chow down! Cut a big hunk of steak and taste a truly gourmet cut of meat. Happy eating! After the ashes have cooled in the grill, they make great fertilizer for your garden. We hope you enjoyed your Lobster Gram steaks!

Meats - American Kobe Flat Iron Steaks

American Kobe beef comes from Japanese Wagyu steers that have been brought to the U.S. and raised on a special diet that is free of hormones and antibiotics to create some of the world's finest steaks. These flat-iron steaks have an exceptional butter flavor and a melt-in-your-mouth succulence.

Flat Iron Steak Preparation - Prepare your grill and set it to medium-high heat. Grill 5 minutes per side for medium-rare, or to desired doneness. Transfer steaks to serving plate, tent with foil and let rest for 10 minutes. Carve into thin slices, cutting across the grain of the meat. Serve with some grilled sweet potatoes, salad and your favorite lager or ale.

Try an Asian Marinade - Whisk 6 Tbsp. Balsamic Vinegar, 2 Tbsp. Honey, 1 tsp. pepper, 1 tsp. cayenne, 1 Tbsp. fresh grated ginger, 1 tsp. Chinese 5 Spice, 1 cup orange juice, 2 Tbsp. grated orange peel and 2 Tbsp. olive oil. Pour into resealable plastic bag and add steaks. Refrigerate for 8-24 hours, turning occasionally. Grill or broil to taste!

Meats - Heat & Serve Entrées

Our fabulous and convenient Heat & Serve entrées are prepared Sous-vide style. What is Sous-vide? Sous-vide is a method of cooking that uses an airtight plastic bag placed in hot water to cook ingredients inside to an incredible tender, juicy, perfect result. These entrées are already oven-seared and then braised prior to being sealed in their Sous-vide pouch. All you need to do is either boil or steam right in their pouch and serve these fork-tender meats with your favorite side!

Balsamic BBQ Pork Shank - BOIL OR STEAM: Place thawed product in a pot of boiling water in the bag. Cook for 17-21 minutes, remove from bag and serve.

Braised Boneless Beef Short Ribs - BOIL OR STEAM: Place thawed product in a pot of boiling water in the bag. Cook for 13-15 minutes, remove from bag and serve.

Braised Duckling Leg Quarters with Tart Cherry Sauce - BOIL OR STEAM: Place thawed product in a pot of boiling water in the bag. Cook for 10-13 minutes, remove from bag and serve.

Braised Pork Medallions with Porcini Mushroom Sauce - BOIL OR STEAM: Place thawed product in a pot of boiling water in the bag. Cook for 13-15 minutes, remove from bag and serve.

If cooking from frozen, add 4-6 minutes to above cooking times. Meats should be heated to an internal temperature of 165°.

Meats - Burgers (USDA Prime)

More than your average burger

We have offered steak burgers for a long time, but when we tried both of these amazing steak burgers, made from real Prime steaks, we knew we could never go back. The almost velvety texture and rich flavor will surpass any other burger experience you've ever had. These are so good, you will actually want to enjoy them with a bold red wine or your favorite brewski. We have to warn you - addiction is inevitable.

Burgers should always be prepared to at least medium-well doneness for optimal food safety according to FDA standards. The juices should run clear, not red or pink. Internal temperatures should be around 160° when measured with a meat thermometer. The following cooking times are approximate and will vary by thickness of the meat and heat variances. Always start with a thawed burger. For thawing tips, see pg. 12.

Grill - on medium-high heat for 4-5 minutes per side or until done.

Pan Fry - in a heavy skillet preheated to medium-high heat for 8-10 minutes or until done.

Tips for Toppings - fit for a USDA Prime Steak Burger

Dan "The Lobster Man's" Mushroom & Cheddar Burger

Dan's favorite burger features sharp cheddar cheese, sautéed mushrooms and onions, with a good Dijon mustard slathered on the upper bun. This particular combination would definitely go well with a big pickle spear, potato salad, and a Belgian beer.

The Smokin' Good Burger

In the last minutes of cooking, brush some spicy chipotle barbecue sauce on both sides of the burger. Top the finished burger with some extra sauce, caramelized onion rings (sauteed in cider vinegar and a little brown sugar), and a couple of pieces of crispy thick-cut smoked bacon. Pair with baked beans, corn on the cob, and a nice California Syrah or Argentina Malbec.

The Blue Burger

Blue cheese seems to have become beef's best friend these days, and it does lend a new taste sensation for the more adventurous. We suggest actually making a pocket in the burger prior to cooking, and stuffing the blue cheese inside. Press the meat back together and season with fresh ground black pepper. Then cook according to the instructions above. Top with lettuce, tomato and a little ranch dressing for a nice creamy finish. A good Pale Ale works great with this flavor profile, or a nice dry Riesling.



Appetizers

Bacon-Wrapped Sirloin & Gorgonzola Brochettes or Bacon-Wrapped Sea Scallops

Preheat oven to 375°. Place frozen skewers or scallops on parchment or aluminum foil-lined baking sheet. Bake for 12-15 minutes or until bacon is cooked to your desired doneness.

Coconut-Stuffed Jumbo Shrimp

Keep frozen until ready to bake. Preheat oven to 375°. Line a baking sheet with aluminum foil sprayed with nonstick cooking spray, or line with parchment paper. Place shrimp on baking sheet and bake for 16-18 minutes or until shrimp is cooked through.

Crab Pretzel Bites

Keep frozen until ready to bake. **Best:** Remove from package and place on a parchment paper or foil-lined baking sheet. Preheat oven to 400°. Place in oven for 10 minutes or until golden brown and sizzling. **Quick:** Preheat oven to 400°. Remove from package and place on microwavable dish. Microwave for 1 minute on High. Bake for 3 minutes or until golden brown and sizzling.

Crispy Shrimp

Keep frozen until ready to bake. Conventional Oven: Place Crispy Shrimp on parchment paper on a baking sheet. Preheat oven to 400°. Place baking sheet on center rack of oven and bake for 12 minutes, turning once halfway through. For Convection Oven: reduce temperature to 375° and time to 10 minutes. Serve with dipping sauce.

Lobster & Bacon Won Tons

Heat frying oil on medium heat. Place frozen product in oil and fry for 2-3 minutes until wrapper turns golden brown. Remove from oil and let rest on paper towel for 1 minute before serving.

Lobster Bisque Boule & Lobster Bread Pudding

Preheat oven to 350°. Place frozen appetizers on sheet pan lined with parchment paper or slightly greased. Bake for 10-12 minutes or until warmed through. Allow Lobster Bread Pudding to rest 1-2 minutes after baking so they can firm up before serving.

Stuffed Clams

Prepare from either frozen or thawed, but if thawed reduce total cooking time. Remove film from tray. Oven: Preheat oven to 350°F. Heat in container for 20 minutes. Microwave: Cover tray in plastic wrap and microwave on HIGH for 4 minutes. Heat for an additional 1-2 minutes as necessary.

Seafood Cakes/Soups & Chowders

Maryland-Style Premium Crab Cakes or Lobster Cakes

If your cakes are still frozen, cook at a slightly lower heat and add more cooking time. **To Bake:** Preheat oven or toaster oven to 400°. Place thawed cakes on greased baking sheet or nonstick foil. Bake on center rack for 13-15 minutes or until golden brown, turning on broiler for last 1-2 minutes (watch to make sure top doesn't burn). **To Pan-Fry/Sauté** (semi-thawed works best to prevent cake from falling apart): Pan fry in a non-stick pan over medium heat in vegetable oil or butter, approximately 5 minutes per side.

Mini Premium Crab Cakes follow the same instructions as above, but reduce time by 1-2 minutes.

Crab & Shrimp Cakes

If your cakes are still frozen, cook at a slightly lower heat and add more cooking time. **To Bake:** Preheat oven or toaster oven to 400°. Place thawed cakes on greased baking sheet or nonstick foil. Bake on center rack for 6-8 minutes or until golden brown, turning on broiler for last 2-3 minutes (watch to make sure top doesn't burn). **To Pan-Fry/Sauté** (semi-thawed works best to prevent cake from falling apart): Pan fry in a non-stick pan over medium heat in vegetable oil or butter, approximately 3-4 minutes on each side.

Soups & Chowders

Soup Preparation - Thaw overnight in refrigerator. If you don't have time, let pouch thaw in cool water for 1-2 hours, or use the defrost setting on your microwave. **RECOMMENDED:** Once thawed, cut open the pouch and pour into microwave-safe **covered** dish. Heat on "High" for 2 minutes, stir, re-cover and heat for an additional 2 minutes.

OR Stove Top - Place unopened pouch in boiling water. Heat for 10 minutes or less if hot and bubbling inside. **Carefully** remove pouch as contents will be very hot. Secure pouch in a bowl, holding the pouch by the corners or seams, and snip the corner off to pour soup into the serving dish.

Tracy's Alaskan King Crab Bisque special tips

Made right in Juneau, Alaska and shipped to us in Maine, this special bisque is loaded with Alaskan King Crab meat with an unbelievable taste! Try adding a touch of heavy cream to even further enhance that authentic "crab shack" flavor. A nice way to brighten up the taste is with a squeeze of fresh lime, dash of hot sauce or a hit of whiskey or brandy!



Lobster Sides

Lobster Mac n' Cheese

Thaw several hours in refrigerator or overnight. Alternate thawing method: Remove plastic wrap and microwave on defrost setting for 5 minutes. OVEN: Preheat oven to 375°. Remove plastic wrap and place casserole on baking sheet. Bake for 20-25 minutes or until bubbly. Serve as an entrée or an elegant side dish!

Lobster Newburg & Lobster Thermidor

Thaw overnight in refrigerator. MICROWAVE: Vent film. Microwave in container on High for 2 minutes. Carefully remove film and stir. Heat for an additional 1-2 minutes as necessary. OVEN: Preheat oven to 350° (do not exceed). Remove film. Heat in container for 20 minutes. SERVING SUGGESTIONS: Serve as an appetizer over puff pastry, toast points, hearty crackers - or eat them right out of your serving dish! As an entrée, pour as a sauce over cooked linguini, rice or lobster for an unbelievable meal.

Lobster Ravioli

Thaw overnight in refrigerator. MICROWAVE: Vent film. Microwave on High for 2 minutes. Carefully remove film and stir. Heat for an additional 1-2 minutes as necessary. OVEN: Preheat oven to 350° (do not exceed). Remove film. Heat in container for 20 minutes. Serve as an entrée or an elegant appetizer!

Lobster Pot Pies

Preheat oven to 400°. Place frozen pot pie on baking sheet. Bake for 25-30 minutes until puff pastry turns golden brown. Remove from oven and let rest 1-2 minutes before serving. For convection oven, preheat to 375°, and bake for 20-25 minutes. Do not microwave.



LONG LIVE LOBSTER!

Lobster Gram is a proud supporter of the Maine Lobster Institute, whose mission is to sustain the lobster population through conservation, outreach, research and education. Learn more - take a quiz and link to the Lobster Institute from LobsterGram.com.

Chocolate Lava Cakes

If frozen, thaw for 1-2 hours in the refrigerator. Remove outer wrapper and place on serving plate (make sure the plate is microwave safe!) Microwave on High for 20-30 seconds. The center of the cake will be melted and quite hot when ready. We recommend serving with some fresh whipped cream and raspberry sauce or fresh berries. Enjoy every chocolatey-gooey morsel!

Fruit Blossom Tarts (Apple or Berry)

Microwave - remove outer wrapper and heat frozen blossom on microwave-safe serving plate. Microwave on High for 30-60 seconds until center is warm.

Conventional Oven - Preheat oven to 350°, remove outer wrapper and place blossoms on foil-lined baking sheet and heat 6-15 minutes until center is warm. We recommend serving with a scoop of vanilla ice cream or a dollop of whipped cream. Garnish Apple Blossom with warm caramel sauce or Berry Blossom with fresh berries.

Pineapple Upside-down Cake or Chocolate-Filled Chocolate Chip Cookie

Microwave - remove outer wrapper and heat frozen cake or cookie on microwave-safe serving plate. Microwave on High for 30-60 seconds until center is warm. Immediately invert Pineapple Cake upside down onto serving plate to remove cake and discard cup. **Conventional Oven** - Preheat oven to 350°, remove outer wrapper and place cake or cookie on foil-lined baking sheet and heat 6-15 minutes until center is warm. Immediately invert Pineapple Cake upside down onto serving plate to remove cake and discard cup. Serve with a scoop of vanilla ice cream or a dollop of whipped cream.

LOOKING FOR A RECIPE FROM A PREVIOUS ISSUE OF OUR COOKING MANUAL?

CHECK OUT THE RECIPE "ARCHIVES" AT OUR WEBSITE -
GO TO LOBSTERGRAM.COM AND CLICK ON "RECIPES".

Because a great recipe never goes out of style.



Sweet Corn & New Potatoes

Due to customer demand, here are some cooking tips we have found useful for these authentic New England side dishes.

Boiling

Boiling is the most common way to cook either of these vegetables with a seafood dinner. For corn, peel off the husk and silk before placing in boiling water. Cook for 5-7 minutes until done. Potatoes should be gently washed, any eyes and black spots removed, then placed in a pot of cold water. Bring pot to a boil, then reduce heat to a soft boil for about 20 minutes or until tender.



Grilling

If grilling is your plan, grab some heavy-duty foil wrap!! Soak your corn in the husk for about 30 minutes in cold water. Then wrap each corn in foil and place on a medium hot grill on the outer edges to avoid direct heat. Time for 20-30 minutes, turning 2-3 times. When done, remove the husk and silk very carefully (they will be very hot!), silk should slide off very easily.

Grilling potatoes in foil works great too. Place washed potatoes in the center of the foil. Dot with butter or drizzle with olive oil. Sprinkle with salt and pepper and any other herbs that you prefer. Completely wrap with the foil, folding the edges like a packet. Place on a medium hot grill on the outer edges to avoid direct heat. Time for 45-50 minutes, turning packet over halfway through. Enjoy!!

The Perfect Wine

Allow us to make a few suggestions for matching your steak or seafood dinner with the perfect wine.

White Wines to serve with Lobster and Shellfish:

Champagne - The Bubbly! Choose Sec or Demi-Sec for sweet, Brut for dry.

White Burgundy (Chablis or Pouilly Fuisse) - These un-oaked Chardonnays have great acidity that compliments any shellfish or seafood.

Albarino - From the coast of Spain where seafood is the main diet, this wine has lots of tropical fruit flavors.

Gruner Veltliner - Austrian, the lemony flavor is a great seafood pairing.

Red Wines to serve with Steak, Salmon and Grilled Halibut:

Oregon Pinot Noir - A livelier version of the average Pinot Noirs with more berry flavors, a drier finish and less oak.

Shiraz - A hearty and juicy red with jammy, berry flavors.

Red Zinfandel - A zesty red that brings out the sweetness of seafood dishes.



Maine Lobster Seafood Bake

This ingenious lobster and seafood extravaganza is packaged so that you can bake the whole thing together in your oven or even throw it on the grill to add that fire-licked smoky flavor. Amazing how easy it is - and clean up is a cinch as it all cooks in a disposable/recyclable aluminum tray!

Cooking Instructions: Thaw in refrigerator for 6 hours or overnight. Pre-heat oven to 400°. Place foil bag (**unopened**) on a baking sheet. Bake for 55-60 minutes. Remove from oven and let sit for 5 minutes. Cut a slit in the foil to remove contents.

For Outdoor Grill: Pre-heat grill to highest temperature (about 450°). Place foil bag on center of grill rack and close cover. Grill for 35-40 minutes. Remove from grill. Cut a slit in the foil and remove contents.

Note: The bottom two layers of the foil bag contain a small amount of Alder chips which will add a mild smokey "cooked outside" flavor to the seafood. You may smell these chips if the items are cooked inside.

Caution: steam is very hot!



Serving Suggestion: To get the meat out of the tails, use Lobster Gram lobster shears, sea sheller tools or heavy-duty kitchen scissors to cut through the shell. The meat is so tender, it will remove easily once the shell is opened. The sauce in the bottom of the foil is outstanding, very complex, rich and tasty, so be sure not to waste it by soaking it up with some fresh bread or pouring over the seafood before serving. OR - cook up some risotto or rice and use the sauce that way. It would be a shame to throw it out! **Gluten Free.**



Lobster Rolls

Classic Lobster Rolls

We've found that lobster rolls are a very controversial topic with our customers. There are the lobster roll purists that say the only thing that belongs in a lobster roll is the lobster meat - plain and simple! But many others prefer a creamier presentation. One thing is for sure - you are only limited by your personal taste and creativity!

Classic Preparation:

Mix fresh lobster meat with desired amount of mayonnaise, fresh ground pepper and combine. OR - Nix the mayo and just go for straight lobster meat with some melted butter poured on top. Feel free to add a lettuce leaf to the bun. THE KEY for either one is the toasted bun!! Be sure to butter and toast your bun to a golden brown before adding the lobster meat. Pure lobster roll heaven!

Here are a few suggestions you can try if feeling more adventurous.

- 1 lb. (1-1/2 cups) cooked lobster meat,
cut into chunks
- 1/4 cup fresh chives, chopped
- 1/2 cup celery, diced
- 1 Tbsp. Dijon mustard
- 1 Tsp. lemon juice
- 1/3 cup mayonnaise (light is fine)
- 1/3 cup sour cream
- 2 Tbsp. lemon juice
- salt & pepper to taste

Combine all ingredients together and chill for 1-2 hours for flavors to develop. Right before serving, spread butter on inside of your lobster roll bun and toast in oven or skillet until golden brown. Fill with lobster salad filling and serve with chips, fries and a cold brewski, iced tea or lemonade for an authentic New England treat!

If you come up with any other versions - share them with us! Feel free to email us at customerservice@livelob.com, or post to our Facebook or Twitter pages!

Classic Broiled Lobster Tails Au Gratin

Back by popular demand, this classic yet simple method of preparing our lobster tails creates the ultimate, elegant presentation that will wow your guests. You'll feel like a professional chef, without the student loans!

- 4 Maine Lobster Tails (6-7 oz. each)
- 2 Tbsp. breadcrumbs
- 2 Tbsp. grated parmesan cheese
- 1 Tbsp. fresh minced parsley
- 1 dash paprika
- 1 Tbsp. butter, melted
- 2 Tbsp. dry white wine
- 2 Tbsp. lemon juice
- 1 clove garlic, crushed

Follow the steps on page 8 of this manual for easy steps to butterfly the lobster tail, except you won't be preheating the oven to bake (you will need to turn on your broiler instead).

Combine breadcrumbs, parmesan cheese, parsley and paprika in a small bowl. Stir in melted butter and set aside.

Combine wine, lemon juice and garlic, and stir well. Brush lobster with half of wine mixture. Broil 5" from heat for 4 minutes or until lobster meat turns opaque and completely white. Watch closely to avoid overcooking. Remove from oven and baste with the rest of the wine mixture. Return to broiler for 4 more minutes. Remove from oven and sprinkle the breadcrumb mixture over the tails. Broil for an additional 30 seconds or until golden brown.



Lobster Recipe

“All-In-One-Pot” Clambake Instructions

Dan the Lobster Man himself came up with this recipe to demonstrate how simple it is to cook our entire Maine Shore Clambake Gram in one pot and have everything come out perfectly done in only 20 minutes! It's just a matter of timing. Be sure to watch his step by step video on our website - see details below next to the QR code.

STEP 1 - Using the largest cooking pot you have, fill 1/2 full with water and bring to a boil.

STEP 2 - When water is at a full rolling boil, drop your potatoes directly into the water, replace the lid and set your timer for 10 minutes.

STEP 3 - Next, it is time to gently slip the live lobsters and chowder into the water. (We recommend you keep the rubber bands on the claws for safety reasons, but feel free to carefully remove them if you prefer.) Grasp the lobsters around their back, just behind the head to safely pick them up, and put them in the water head first. Follow them with the bag of clam chowder and replace the lid. Set your timer for 5 minutes.

STEP 4 - Then it is time for your fresh clams and corn! Our clams are packaged in a mesh bag perfect for cooking. Slide the bag of clams and the corn still in the husk, into the water. Replace the lid and set your timer for the final 5 minutes.

STEP 5 - When the timer goes off you are ready to remove everything at once from the cooking pot and place onto your serving dishes. Now you are ready to enjoy your “All-In-One-Pot” Clambake - dig in!!

Scan this code with your smart phone to watch a video of Dan “The Lobster Man” cooking the One-Pot Clambake recipe above - or go to:
www.LobsterGramHowTo.com



“Perfect” Surf & Turf Timing Instructions

Pulling off the perfect meal of any kind is all about the timing. Particularly in the case of make an incredible Surf & Turf dinner with Lobster Gram lobsters and steaks - you want to make sure everything comes out exactly right without a hitch, right? We're here to help! Follow along for your fret-free dining experience that everyone will remember.

- STEP 1** - Using the largest cooking pot you have, fill 1/2 full with water and bring to a boil. Once you start your burner to boil your water, go ahead and get your grill lit for your steaks or chops. This way they should both be ready at approximately the same time.
- STEP 2** - When water is at a full rolling boil, it is time to gently slip the live lobsters into the water. (We recommend you keep the rubber bands on the claws for safety reasons, but feel free to carefully remove them if you prefer.) Grasp the lobsters around their back, just behind the head to safely pick them up, and put them in the water head first. Once the water returns to a soft boil, set your timer for the recommended cooking time for your live lobster or lobster tails (see page 3 or 7 depending on what you are preparing).
- STEP 3** - Once your lobster is cooking, put your meat on the grill and get it cooking. Set your timer according to the timing instructions on page 15 for your particular cut of steak or chop.
- STEP 4** - Be aware of which timer goes off first so that each one gets removed from the heat at the appropriate time. Remember to tent your grilled steaks with foil and allow them 5 minutes to rest on a plate prior to carving. This allows the meat to re-absorb the juices, very important!
- STEP 5** - Now have your melted butter ready to go - get that lobster cracked open, and slide a steak knife through that luscious meat and enjoy your perfect Surf & Turf feast!



Lobster Recipe

Lobster Carbonara

This incredible dish is super simple and elegant with the flavor of the lobster being enhanced by the smokiness of the bacon and the cream sauce. Even lobster novices will master it and make a very memorable dinner.

- 2 Tbsp. olive oil
- 1 medium Vidalia onion, chopped
- 2 tsp. garlic, minced
- 1 lb. fresh cremini or button mushrooms, sliced
- 1 Tbsp. unsalted butter
- 1 -1/3 cups frozen peas
- 1/3 cup (approx. 7 slices) cooked bacon, crumbled
- 1/4 tsp. crushed red pepper flakes (optional)
- 3 cups (1 lb.) cooked lobster meat, cut into chunks
- 2 cups prepared pasta cream sauce
- 2 Tbsp. fresh parsley, chopped
- 1 lb. (1 box) linguini, cooked

In a large sauté pan over medium heat, heat the olive oil, then add the onions and cover. Cook until tender, about 2-3 minutes, then add garlic and cook another minute.

Add mushrooms and cover. Cook about 4 minutes, stirring occasionally, until mushrooms release their liquid, then remove lid and cook until liquid evaporates, another 2-3 minutes until mushrooms are deeply browned. Add butter.

When butter is melted, increase to medium-high heat and add peas and bacon until sizzling.

Reduce heat to low and add lobster meat and red pepper flakes, stirring to mix well. Cook for 1-2 minutes. Add sauce, heat through and stir well to thoroughly mix all the ingredients.

Serve immediately over linguine and top with parsley. Serves 4-6.

Loaded Lobster Mashed Potatoes

There are few foods that would qualify as the ultimate comfort food as mashed potatoes. Now we've taken them and upped the flavor factor by adding lobster, bacon, veggies and cream cheese - dinner in one pot!

- 1 Tbsp. olive oil
- 1/2 large sweet red pepper, finely chopped
- 1/2 cup green onion, finely chopped
- 1 clove fresh garlic, crushed
- 2 cubes chicken or vegetable bouillon
- 1 clove fresh garlic, halved
- 8 medium Yukon Gold potatoes, cut in 1/2" cubes
- 1/4 cup cream cheese (not low fat)
- 1/2 cup milk (warmed just prior to use)
- 3 Tbsp. butter
- 5 slices bacon, cooked, drained and crumbled
- 1-1/2 cups (1/2 lb.) cooked lobster meat, cut into chunks
- 1/2 cup shredded cheddar cheese

Heat 1 Tbsp. olive oil to a sauté pan over medium-high heat. Add your chopped red pepper and green onion. Sauté until tender, about 5-7 minutes. Add garlic. Cook one minute longer. Remove from pan and reserve.

Fill a large pot with enough water to cover the potatoes. Add 2 bouillon cubes, and halved clove of garlic to the water and cover until it has reached a full rolling boil. Cook until fork-tender, about 20 minutes. Drain potatoes, return them to the pot and mash with cream cheese, butter, warm milk. Leave garlic clove with potatoes so that they will be mashed together.

Fold cooked red pepper mixture, crumbled bacon and Lobster Meat into the mashed potatoes. Top with shredded cheddar cheese and serve.



Alaskan King Crab Rangoons

If you like your local take-out Crab Rangoons, then you will LOVE these! Sweet Alaskan King Crab meat in the filling gets the traditional treatment with cream cheese, sweet onions and water chestnuts, but then we kick it up a notch with fresh ginger and spicy red pepper flakes.

- 1 -1/2 cups Alaskan King Crab meat, minced
- 1 Tbsp. water chestnuts, drained and minced
- 8 oz. cream cheese, softened
- 2 Tbsp. Vidalia onion, minced
- 2 Tbsp. fresh chives, finely chopped
- 2 tsp. fresh grated ginger
- 2 tsp. Worcestershire sauce
- 2 tsp. low-sodium teriyaki sauce
- 3 garlic cloves, crushed
- 1/4 tsp. black pepper
- 1/4 tsp. crushed red pepper flakes
- 1 package won ton wrappers
- Peanut oil for frying

Combine the King Crab meat, water chestnuts and cream cheese, and mix well. Add the onion, chives, ginger, Worcestershire sauce, teriyaki sauce, garlic, pepper and pepper flakes. Refrigerate for 1 to 2 hours for flavors to develop and filling to become firm.

Once chilled, place approximately 3/4 tsp. filling in center of a won ton wrapper. Dip your finger in a small dish of water, and wet the edges of the wrapper. Fold in half to form a triangle shape and press the edges firmly together to form a seal. This is very important in order to make sure the filling does not leak out of the wrapper while cooking!

Add oil to Dutch oven or any deep-sided pot, over medium-high heat. Allow oil to get very hot, but not smoking. Place won tons into the oil a few at a time, without over-crowding the pot. Cook for 1-2 minutes on each side, turning once, until crispy and golden brown.

Place on paper towel lined plate to absorb excess oil for a few minutes, and serve hot with sweet and sour or plum dipping sauce.

For other seafood recipes and more...

Go to: LobsterGramRecipes.com

Garlic & Herb Broiled Salmon

Any type of salmon or other thick meaty fish like halibut or tuna, will work in this simple and delicious recipe. It works great for a weeknight family dinner and kids love the tangy flavor the glaze gives the salmon. Perfect sides include garlicky roasted new potatoes and sautéed spinach.

Glaze:

1/2 tsp. salt

1/2 tsp. fresh ground pepper

1/4 tsp. cayenne pepper

3 Tbsp. maple syrup

1 Tbsp. teriyaki sauce

2 tsp. fresh lemon juice

1 Tbsp. dijon country-style mustard

2 cloves fresh garlic, crushed

1 tsp. fresh ginger, grated

1/4 cup vegetable or canola oil

2 lbs. boneless, skinless fresh salmon fillets

Combine all glaze ingredients in a small bowl and whisk until mixed well. Spray a broiler pan with non-stick spray and line the bottom tray with foil. Rinse the salmon and pat dry with paper towels, then place onto the broiler pan. Brush glaze over all sides of the salmon, coating it well, using no more than half of the glaze. Reserve the other half. Set your upper oven rack so that the salmon is positioned about 4"-5" from the flame.

Turn on your broiler, to the high setting if you have the option. Once the oven is thoroughly heated, place salmon in the oven and broil for 5 minutes. Remove salmon at that point, and brush the remainder of the glaze on the salmon. Return it to the broiler until done, approximately another 2-3 minutes depending on thickness. It will develop a nice dark golden brown crispy crust, but should not be burned, the meat will flake easily (yet still very moist), and be a uniform pink color when cooked through. Serves 6-8.



Lobster Sustainability & Conservation

Lobster Gram's Conservation Code of Conduct

Working Towards Sustainable Lobster Fisheries
and Lobster Fishing Communities



Maine Lobster is a Sustainable Resource!

Lobster Gram® hereby certifies that all Lobster and Lobster Tails we sell are from 100% Sustainable Sources—all lobster fisheries that abide by the Lobster Conservation Code of Conduct in order to ensure a healthy, sustainable resource and a vital fishery. Look for the above emblem on our site displaying all of our environmentally sustainable Lobster items!

Responsible harvesting of the American lobster (*Homarus americanus*) has been a cornerstone of New England fishery's conservation efforts for over 137 years. The first U.S. law banning the taking of egg-bearing females was instituted in 1872... a conservation measure already practiced by many lobstermen at the time; and the first law regulating the minimum legal size of a lobster that could be landed was established in 1874.

Given the ecological differences in various fishing areas, there is no simple management solution appropriate for every region, state, or country. When it comes to regulations, there is no "one size fits all". However, there are recognized standard conservation practices that exemplify the lobster fisheries commitment to sustaining the lobster resource. The standards practiced by lobstermen/women as part of today's Conservation Code of Conduct are listed in detail on our website. Go to www.LobsterGramConservation.com for further information.



Lobster Gram Monthly Gourmet Clubs

What are your Lobster Gram Monthly Gourmet Clubs?

For years we have fielded requests for monthly gift plans where someone could place one order and send their special recipient several months worth of gifts that included our incredible fresh lobsters, assorted lobster tails, chowders, crab cakes, - you get the picture.

Better than a fruit basket.

We know that there are plenty of “monthly clubs” out there to choose from - but we didn’t want to do something that was run-of-the-mill. With our Lobster Gram Monthly Gourmet Clubs - you can send our most popular selections that will ship automatically each month, and all at discounted prices that include the shipping! We handle everything - you sit back and wait for the thank-you’s!

This is an event, an experience always remembered.

Were you ever so blown away by eating a pear or an apple that you remembered it a month later? We have news for you - when someone enjoys a Lobster Gram Monthly Gourmet Club selection, they will remember it not just next month, but next year and the year after that. **It creates an event out of an ordinary day. It’s why we say we’re more than a gift, we’re an experience.** Go to www.LobsterGram.com to get all the details on pricing and gift selections - or check it out in the enclosed catalog. Perfect for any holiday or occasion!!



Monthly Gourmet Club Members may receive delicious assortments like these!



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