

# Lobster Gram<sup>®</sup>

LOBSTER, STEAK & MORE



SINCE 1987

## 2010 Cooking Manual & Recipe Booklet



Look inside for New & Classic Recipes that you'll want to keep!

[www.LIVELOB.com](http://www.LIVELOB.com)



1.800.548.3562

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# From Our Shore to Your Door...

All Lobster Gram lobsters are fresh, “Grade A” 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.LiveLob.com](http://www.LiveLob.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

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**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 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](mailto:customerservice@livelob.com). We want everyone who receives a Lobster Gram to be happy!

Customer Service Hours:

Mon. - Fri. 9 am - 7 pm ET and Sat. 10 am - 3 pm ET  
or visit the FAQ section of our website 24/7!

[www.LIVELOB.com](http://www.LIVELOB.com)



1.800.548.3562

# How To Boil A Live Lobster

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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.



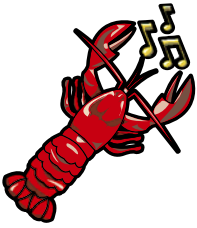
**STEP 4 - Accompaniments.** While waiting for the water to boil, get crackin' on any other seafood dishes, soups or side dishes you are including in your feast. Red potatoes and corn on the cob make tasty, traditional lobster partners, as well as blueberry pie for dessert.



**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!*	1 lb. lobster	9 - 10 minutes
Multiple lobsters don't change the cooking time.	1 1/4 lb. lobster	10 - 11 minutes
	1 1/2 lb. lobster	11 - 12 minutes
	2 lb. lobster	12 - 13 minutes

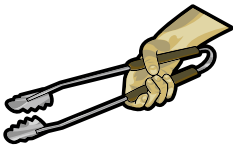
\* For simple guidelines, see our Lobster Pot Chart on page 5.



**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!

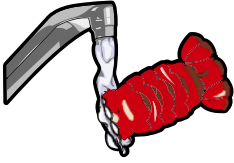


**STEP 11 - Not For The Faint Of Heart.** Lobster lovers, this is where you get to show off your fine motor skills. Twist off the entire arm from the body and remove the rubber bands from the claws (photos and detailed steps are also shown on LiveLob.com).

# 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.

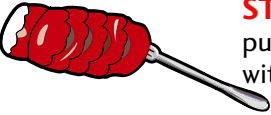


**STEP 13 - Getting To The Meat Of The Matter.** Break off the tail section from the body at the mid-section and rinse off the innards (the greenish substance you may see is called the "tomalley" or liver).

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. Remember, someone thought enough of you to send you a Lobster Gram. Why not be a Lobster Gram giver next time? Or better yet, order some for yourself!!

**We hope you have enjoyed your Lobster Gram®. Please fill out and mail the postage paid reply card or email us. We would love to hear from you!**

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 and 21 qt. pots are available for purchase.

## 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 resealable 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

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## 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

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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.



# Lobster Tails

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 completely thawed prior to cooking in order to help them cook evenly. 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. If you don't have time, soak in cold water until thawed.



## 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 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 8 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

# Giant Lobster Tails

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.

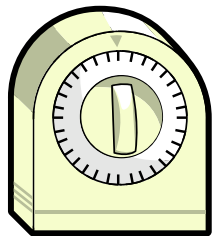
When the water comes to a rolling boil, put in the tails. After the water returns to a soft boil, reduce your heat, set your timer for **9 minutes** and simmer uncovered for the remainder of the time.

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 Or Broiled 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. To test for doneness, see below.



**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)

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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.

## Halibut Fillets - fresh frozen

Halibut is 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 white when done with no tinges of gray, and 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.

## Jonah Crab Meat - "Fresh Catch"

Our Fresh Catch Jonah Crabmeat is fully cooked and picked, and ready to use in your favorite crabmeat **recipe (or try ours on page 29)**! 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! **Or try the King Crab recipe on pg. 30!**

## 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. MMmmm, 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! **Also - be sure to check out the "Shrimp & Linguine with Creamy Garlic Sauce" recipe on page 31!**



# 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.

**H<sub>2</sub>O** -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.

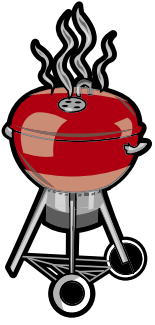
**Micro-No-No** - You may be tempted to use your microwave to thaw your meat, but don't do it! The result will be less than desirable.



**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

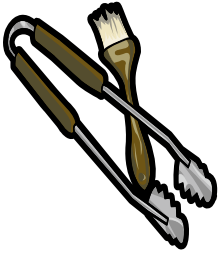


**Pick Your Fire.** Whether you're a die-hard charcoal grill fan or prefer the fast 'n' easy gas grill - excellent results can be had by all. Oven broilers work well too, if the weather isn't cooperating for outdoor cooking. Timing may vary slightly between methods due to differences in the fire intensity, 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!

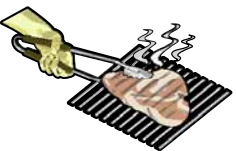
- Rub uncooked steak with olive oil, a fresh cut garlic clove, and sprinkle with salt and pepper.
- Add hickory, mesquite, or pecan wood chips to the coals after soaking the chips in water at least 30 minutes.
- Marinate uncooked steak about 1 hour in teriyaki sauce, or balsamic vinegar & olive oil with 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.

# Let's BBQ!



**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°

\*Recommended for all types of steaks and chops for best results. See pgs. 16-19 for cooking Burgers, Bison, NR Pork Chops, NR Ham, NR Chicken & Rack of Lamb.



**Reap the rewards.** It's finally time to chow down! Cut a big hunk of steak and taste a truly gourmet cut of meat. Your steaks were hand cut and sent directly to you from the beef capital of the world - Chicago! 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!

# Our Succulent Cuts of Steaks & Chops

*We may be known for our great lobsters, but that expertise has helped us become proficient steak aficionados too! Our high standards for quality in our seafood are also applied to our line of incredible gourmet steaks.*

## USDA “Choice or Higher”

Filet Mignon 6 oz. A center cut, carved directly from the tenderloin, it is the most tender of all the steaks. Our 6 oz. filet is completely trimmed of all exterior fat and gristle, so you sink your teeth into nothing but flavorful meat with every bite.

New York Strip 10 oz. The King of Long and Lean, this cut is known for being hearty and packed full of flavor, and incredibly satisfying for any true steak lover.

Boneless Rib-Eye 10 oz. From the same cut as a Prime Rib, our Boneless Ribeye steak has incredibly juicy flavor as it is naturally a “fattier” cut of meat - and this extra marbling means more meaty taste!

## Our Top of the Line

Prime Dry-Aged Tomahawk Steak (bone-in) 27-29 oz. Only 2% of the world’s cattle are given the USDA Prime grade!! “Incredible!” is about the closest description we have for these fork-tender steaks with an impressive 5-6” exposed bone. Prime steaks have heavy marbling (fat) throughout the meat which ensures the premium tenderness, flavor and juiciness. Medium-rare cooking is the key to optimizing these unique features.

Veal Chop (bone-in) 12 oz. The delicate flavor of this Prime Veal is even more enhanced by the bone in these hearty chops.

Lamb Chop (bone-in) 8 oz. Always elegant and fit for a queen, make anyone feel like royalty with these amazing quality lamb chops.

Angus Cowboy Rib Chop (bone-in) 20 oz. Big enough, bold enough, and absolutely delicious enough to satisfy any “Cowboy’s” appetite for the best steak of his life. Hands down!

Angus Filet Mignon 10 oz. Filets are always the most tender cut, but when you combine the supreme quality of Premium Angus beef with it, you have a steak that cuts like butter. Ours are completely trimmed.

Angus New York Strip 16 oz. Premium Angus beef is beautifully marbled and so juicy, this hearty cut will bring five-star dining right to your table.

**NIMAN RANCH Sirloin Strip 12 oz.** Niman Ranch’s 100% Angus cattle are raised on pastures on an all-vegetarian feed, setting the premium beef apart from the rest. The Niman Ranch name always means all-natural and antibiotic & hormone free meats, and unsurpassed quality.



# Meats - Prime or Angus Steak Burgers

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## 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 or 100% Angus beef, 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.

## Toppings Tips - fit for a Premium 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.

## The newest discovery with beef connoisseurs

*The Flat Iron cut of beef is finally getting its due recognition for being a delicious, tender and easy to prepare cut of meat. Ours even comes pre-marinated in two delicious flavors (Orange Bourbon or Tuscan Herb), to take all of the guesswork out of it! Oh, did we mention how affordable it is too? We bet you'll be ready to re-order more as soon as you clean your plate! Just go to the website and click on the "Steak" link or give us a call.*

**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.

## Meats - Bison

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### Cooking Bison - "Low and slow is the way to go!"

Bison or Buffalo meat is lower in fat than beef; therefore, it cooks faster than beef and can become dry if over cooked. That's why it's important to always remember "Low and slow is the way to go!" Bison meat is best when cooked between rare to medium. Never cook directly in a flame. Substitute bison in ANY recipe that calls for beef.

### Bison Steaks

Thaw steaks in the package overnight in the refrigerator or if you're in a hurry, submerge in cool water while still in the sealed package. Quick Tip: For a fast and easy marinade for your Bison steaks, place them in a plastic sealable bag, pour in 1 cup of Italian dressing, and refrigerate for one hour prior to cooking. Heat the grill on high until hot. Place your thawed, seasoned steaks on the grill and sear one side. Turn steaks over and sear the other side. Now, turn the grill down to medium, and close the lid. Cook approximately 4-5 minutes per side. OR - try this delicious recipe!

### Bison Burgers

These ultra lean burgers can go from package to plate in only 8 minutes! There is no need to thaw prior to cooking, but if already thawed - reduce the cooking time. **Grill or Pan Fry** - Heat grill on high until it is hot. Place frozen patties on hot grill, close the lid and turn heat down to medium. Turn when the juices are on the top surface of the burgers, about 5 minutes. Cook the other side another 3-5 minutes or until desired doneness.



## Meats - Niman Ranch Pork Chops

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### **Loebster Gram is proud to support Niman Ranch meats!**

Niman Ranch is committed to raising livestock humanely and sustainably on US family farms and ranches according to the strictest animal husbandry protocols in the industry. Use our Niman Ranch Pork Chop recipe idea below, or go for the basics (grill, broil or pan fry). **Always thaw your chops first, following the thawing tips on page 12. Then brush or rub with oil and sprinkle with salt & pepper and any other favorite spices.**

**Grill or Broil** - Grill over direct heat or Broil 4" from heat for 7-9 minutes or until internal temperature reaches 160°. Times vary - don't overcook!

**Pan Fry** - In a heavy skillet, heat 1 Tbsp. vegetable oil on medium-high, add chops and cook for 7-8 minutes or until internal temperature reaches 160°.

### **Drunken-Grilled Niman Ranch Pork Chops**

- 4 Bone-In Pork Chops, about 1" thick
- 1/4 cup soy sauce
- 2 Tbsp. Brown Sugar
- 2 tsp. grated fresh ginger
- 2 tsp. hot sauce (optional)
- 1 cup of your favorite beer

Place chops in a plastic sealable bag; add remaining ingredients and seal the bag. Carefully massage the bag to combine the ingredients and thoroughly coat the chops. Refrigerate at least 4 hours or as long as 24 hours. Prepare your grill or broiler. Remove the chops from the bag and discard the marinade. Cook according to the instructions above. Serves 4.

## Meats - Niman Ranch Spiral-Sliced Ham

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Niman Ranch never uses added hormones or antibiotics, and their animals are fed a 100% vegetarian diet. Born, raised and processed in the United States, Niman Ranch beef, pork and poultry are sought after by our country's most notable chefs, and now we are providing it to you to share with your own family, right at home.

Slow cooked over applewood, Niman ranch hams are fully cooked, juicy and full of flavor. The subtle smoky flavor is enhanced by a hint of sweetness from Turbinado sugar. The ham is pre-sliced and ready to serve for a beautiful presentation. The glaze packet makes preparation a cinch!

**To Heat & Serve** - Start with the glaze. Empty packet contents into a small saucepan. Add 2 Tbsp. water or orange juice. Mix well. Cook over medium heat, stirring, until sugar is dissolved. Let rest 3-5 minutes. Using a spatula or spoon, spread over ham and wrap with foil. Heat the ham in a baking pan, in a 325° oven for 10-12 minutes per pound or 135° internal temperature.

# Meats - Niman Ranch Whole Chicken

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## Niman Ranch “Poulet Rouge” Fermier (Whole Chicken)

Niman Ranch Epicure Reserve poultry are grown on small U.S. family farms by growers committed to humane and traditional farming methods. The Poulet Rouge Fermier is a heritage breed that originated in France. It has a distinctive flavor, thin translucent skin and an elegant shape.

**Roasted Niman Ranch Chicken** - Preheat oven to 400°. Remove excess pockets of fat around the cavities. Place chicken in roasting pan with rack on the bottom. Season inside and out with sea salt and fresh ground black pepper. Fill the cavity with herbs, garlic, shallots or onion and pieces of orange or lemon if desired. Rub the skin with olive oil and dried thyme or rosemary, and rub some butter under the skin to infuse with flavor and moisture.

Cook the chicken on its side for 15 minutes; flip to the other side for the next 15 minutes. Turn it breast side up and finish roasting until done, about 30 minutes. For crisper skin, baste the chicken once halfway through. Cooking time will vary - so be sure to cook until internal temperature reaches 165° and juices run clear.

Let the roasted chicken rest 10 minutes so that juices have time to redistribute throughout the meat. Carve and serve with pan juices.

# Meats - Rack of Lamb

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## Rack of Lamb - Make any occasion special

Once revered for its elegant presentation at Easter time, rack of lamb has become more accessible and easy to prepare for the home cook. Ours arrives “frenched”, to expose the end of the bone for added drama. See also our recipe on page 31 for another tasty alternative.

**Wines to use? We recommend Syrah, Petite Sirah, Malbec, or Shiraz.**

**Thaw** - Place frozen rack of lamb still in the vacuum-sealed packaging, on a pan in the refrigerator for 24-48 hours.

**Roast** - Preheat oven to 400°. Remove lamb from plastic wrapping. Rub olive oil on both sides of the rack. Season the lamb with the provided seasoning mix, rubbing evenly onto both sides (put plenty of seasoning on for best flavor). Place lamb in a roasting pan, fat side up. Roast for approximately 30-35 minutes or until a meat thermometer reads 135° for medium rare. Remove from oven, cover with foil and let rest for 5-10 minutes before serving. The temperature will rise another 10° during resting. Carve and serve immediately with pan juices if desired. Bon Appétit!

**Storage** - Frozen lamb should be used within 4 months. Thawed lamb can be kept refrigerated for up to 3-5 days, do not refreeze.

# Appetizers - American Caviar

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## American Caviar - the new choice of Connoisseurs

Our American caviar is from an abundant, renewable and 100% sustainable resource. All our caviars are carefully hand-processed. Salt content is also carefully monitored, and the lowest amount allowed by law is used - another very unique feature we offer. Our innovative and unique flavored (Citron and Wasabi), and smoked (Gravlax and Smoked Whitefish) caviars will delight and surprise guests who may not typically like caviar. Our traditional caviars (Bowfin, Whitefish and Salmon) are distinct and elegant, and will be appreciated by any Beluga lover.

## Serving Tips and Suggestions

The most traditional way of serving caviar is by placing the caviar jar in a bowl of crushed ice and serving with blinis (little plain pancakes), which are included in both of our caviar collections for you. First, cover the blinis with foil and warm in a 350° oven (microwaving is okay, but oven-warming is recommended). Use toast points or bread if you run out of blinis. Top with crème fraîche and a dollop of caviar. If crème fraîche is not available, sour cream is a good alternative. Platinum Collection recipients receive our Caviar Crème Spread, which is a perfect combination of flavors and even has caviar in it! This can be used with the caviar, or enjoyed by itself spread on crackers.

## Caviar Storage

The refrigerated shelf life of our caviar is one week. This may come as a surprise, but caviar tolerates being frozen extremely well, and that is the best way to keep unused caviar fresh. After being opened, place a small piece of plastic wrap directly on the caviar, gently smoothing the top to remove the air, replace the lid, and freeze for up to six months. Always thaw the caviar overnight in the refrigerator before serving.

## Other fun Caviar presentations:

- \* Boil mini New Potatoes, cut in half, top with sour cream and **Bowfin caviar** with dill sprigs
- \* Scramble eggs with heavy cream and chives, top with **Gravlax or Smoked Whitefish caviar**
- \* Fill phyllo dough cups with salmon mousse and any caviar
- \* Grill fresh fish, serve with mango salsa and **Citron caviar**
  - \* Serve sushi with **Wasabi caviar**
  - \* Slice cooked lobster tail into medallions - top with melted butter and any caviar

# Appetizers - Seafood Cakes

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## Crab Cakes (Premium or King) and 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 King 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.

## RECIPE - Creamy Mustard Dipping Sauce

Whether you're dining on King crab legs, cocktail claws, or enjoying one of the fabulous seafood cakes above, this sauce will make the perfect partner.

- 1/2 C. mayonnaise
- 3 Tbsp. Dijon mustard
- 1 Tbsp. lemon juice
- 1/2 Tbsp. fresh chives, chopped

Mix all of the ingredients together in a bowl and chill for at least 1 hour in the refrigerator. Serve with any of your favorite seafood as a creative alternative to cocktail sauce; put a dollop on seafood cakes or just be creative! Recipe makes enough for 1 lb. of crab claws, 1 lb. of shrimp, or four 4 oz. seafood cakes.

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

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

**Because a great recipe never goes out of style.**



# Lobster Sides

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## Lobster Mac n' Cheese\*

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 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 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.

*\*These popular, fabulous side dishes are included in our NEW "Luscious Lobster Sides 4-Pack"! This is a great way to try one each of four different lobster side dishes at a value price! It includes a Lobster Mac n' Cheese, a Lobster Newburg, a Lobster Thermidor and a Lobster Ravioli. On our website, click on the "Side Dishes" link, then on "Seafood Side Dishes" - or call us to order.*



## 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 [LIVELOB.COM](http://LIVELOB.COM).

# Seafood Appetizers

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## Bacon-Wrapped Sirloin & Gorgonzola Brochettes

Preheat oven to 375°. Place frozen skewers on parchment or aluminum foil-lined baking sheet. Bake for 12-15 minutes. Internal temperature of meat must reach 160°.

## Lobster Shrimp Scampi Puffs

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 puffs on baking sheet and bake for 12-15 minutes until golden brown.

## Sea Scallops Wrapped in Bacon

Preheat oven to 375°. Place scallops about 1/2 inch apart on parchment or aluminum foil-lined baking sheet. Cook in oven for 12-15 minutes or until bacon is cooked to your desired doneness.

## 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.

# Our Legendary Soups

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*Lobster Gram's soups and chowders have an incredibly loyal following. When you are ready to re-order more soups (and we know you will), we recommend you try either our original "Soup Sampler" (one each of four soups) or our New "Soup-er Soup Sampler" (one each of all eight of our soup varieties). Go to our website and click on the "Side Dishes" link, or call us to order - both are value-priced!*

**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.



# Desserts

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## Deep Dish Apple Pie

*This incredible pie is guaranteed to convert even those who claim “I am not a big apple pie person.” Just the aroma as it warms in the oven makes it completely irresistible. Weighing in at a hefty 6 pounds (there are 4 pounds of apples baked into each pie), there is plenty to go around. You will swoon at the tender, flaky and buttery homestyle crust - and the mountains of apples with brown sugar and cinnamon. Just right for entertaining a crowd!*

**Pie Preparation** - Thaw overnight in the refrigerator or remove plastic wrap and thaw on the countertop for 4 hours. To heat a whole pie, place in a pre-heated 225° oven for 1-1/2 to 2 hours, or to desired temperature. For individual slices, cut while cool and heat in oven or microwave just until warmed through (timing will vary depending on size of the slice).

## 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!

## Miniature Fruit Pies (Apple, Blueberry or Cherry)

If frozen, thaw for 4-6 hours at room temperature, or use the defrost setting on your microwave. To heat in Microwave - remove outer wrapper and place on serving plate (make sure the plate is microwave safe!) Microwave on High for one-minute intervals until desired temperature. **OR** to heat in the stove - preheat oven to 350°, place pies on foil-lined baking sheet and warm 5-10 minutes to desired temperature. We recommend serving with some french vanilla ice cream for the perfect pie à la mode!

## Some Other Lobster Gram Desserts to try

NEW Brownies - Super Chunk Caramel, Macaroon or Banana Toffee

Whoopie Pies (in 7 yummy flavors!)

Italian Gelato Balls (in 12 rich & creamy flavors!)

NEW Sugar-Free Chocolate Mousse Cake or New York Cheesecake

NEW Flourless Chocolate Cake with Hazelnuts

NEW Crème Brûlée Cheesecake with raspberries

NEW “Any Occasion” Gift Box Cake (with edible cards!)

White Chocolate Mousse Cake

Cookies N’ Cream Cake

Key Lime Pie

# 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.

**Gruener 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.



# Lobster Recipes

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## NEW! Creamy Pesto Lobster Rolls

*Try this twist on the traditional New England trademark sandwich. Trust us - you may never go back to the same old plain mayo preparation again! We prefer homemade pesto sauce, but feel free to use store-bought for even quicker preparation.*

- 1-1/2 cups cooked lobster meat\*, chopped
- 1/2 cup fresh corn kernels (cut from 1 ear)
- 1/2 cup red bell pepper, diced
- 1/2 cup scallion, thinly sliced
- 1/4 tsp. celery seed
- 1/4 cup pesto sauce
- 1/4 cup mayonnaise
- 2 Tbsp. fresh lemon juice
- Salt & pepper to taste
- 4 hot dog buns, buttered

In a medium bowl combine the lobster meat, corn, red pepper, scallion and celery seed. In a separate bowl, stir together the pesto, mayonnaise and lemon juice until creamy and smooth. Pour the sauce in batches over the lobster mixture, tossing until evenly mixed and lobster mixture is just coated (don't overdo it). Season with salt and pepper, though taste it first (you may decide it doesn't need it). Cover and chill lobster mixture in the refrigerator until the buns are ready, or up to 24 hours.

Spread any unused sauce on one side of your hot dog buns if there is extra. Toast the hot dog buns in a 400° oven to your desired "toastiness". Remove from the oven when warm and toasty, and fill each bun with the chilled lobster mixture. Dive in!

*\*NOTE: If using our cooked Lobster Meat by the pound, thaw 24-36 hours in the refrigerator, lightly rinse, drain and pat dry with paper towels. Use in any recipe & enjoy! 1-1/2 cups of meat is approximately equal to 1/2 lb. of cooked lobster meat.*

## NEW! Lobster, Bacon & Cheese Strata

*Strata is a baked dish that combines chunks of bread with eggs, cream... and the rest is up to your imagination. We let ours run wild in this indulgent lobster-filled version. If Challah bread is unavailable for you, a good substitution is the Hawaiian bread for its slight sweetness and tender, cakier texture.*

- 1-1/2 cups milk
- 1/4 cup extra-virgin olive oil
- 1 loaf Challah bread, cut into 1" cubes (about 8 cups)
- 1-1/4 cups heavy cream
- 5 large eggs
- 1 Tbsp. chopped garlic (about 3 cloves)
- 2 shallots, chopped
- 1/2 tsp. salt
- 3/4 tsp. black pepper
- 1/2 tsp. nutmeg
- 4 oz. goat cheese
- 1 cup shredded Gruyere cheese
- 1-1/4 cups grated Parmesan cheese
- 2 Tbsp. chopped fresh sage
- 2 Tbsp. chopped fresh thyme
- 3 cups cooked lobster meat, chopped
- 8 slices bacon, cooked crispy and crumbled

Preheat oven to 350°. Grease a large, ovenproof skillet. In a large bowl, whisk the milk and olive oil until blended. Add the bread cubes, and toss to coat, allowing it to soak up the liquid.

Then, in a small bowl mix the cream, eggs, garlic, shallots, salt, pepper and nutmeg. In a medium bowl, crumble the goat cheese and mix with the Gruyere, Parmesan, sage and thyme.

Line the bottom of the skillet with half of the soaked bread cubes. Top with half of the lobster meat, bacon and cheese mixture. Pour half of the egg mixture over the layers. Repeat layering with the remaining bread, lobster, bacon, cheese mixture and egg mixture. Bake until firm in the center and golden brown, about 1 hour. The strata will puff during baking. Allow to rest for 10 minutes before slicing and serving.



# Lobster Recipe

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## 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

First, you need to prep your tails. With kitchen scissors (or our own Lobster Gram lobster shears), or a very sharp knife, cut lengthwise through the top of the lobster shell (the round, hard side of the 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 the digestive tract is visible (the dark line that runs along the length of the tail), this is a good time to remove it.*

Then pry open the shell using your fingers. Starting at the wide end, carefully loosen meat from the bottom of the shell, keeping meat attached at the small tail end. Lift the meat through the cut shell opening and lay on top of the shell.

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.



## NEW! Campfire Lobster Tails

*Campers - this one's for you! It is a known fact that everything tastes better when it cooks on a fire. We set out to prove that true for lobster too - and came up with a tasty success. Campfires aren't just for hot dogs and marshmallows any more! No sticks required. - Dan "The Lobster Man"*

- 2 Maine (or any variety) Lobster Tails (8-10 oz.)
- 1 whole lemon
- 2 Tbsp. or 1 oz. butter (clarified preferred)

*First - if you have a chance, check me out (Dan "The Lobster Man"), preparing this recipe in a video on [LobsterGramVideos.com](http://LobsterGramVideos.com). I demonstrate how to prepare the tails and cook them from start to finish. That said, now...*

Fire up some wood! Get your fire burning now so that it will be nice and hot for your tails. Keep extra wood handy to add as needed.

Make sure your tails are thawed. Then, using sharp kitchen shears, cut length-wise through the softer, underneath side of the lobster shell. After that, lay each tail sideways on your countertop or on a cutting board, and push down on top of it until the top side of the lobster shell cracks (you'll hear it and feel it when it gives way).

Once you've properly "loosened" up the tails, now it is easier to access the inside meat. Use your fingers to pry open the tails and expose the meat inside, but do not totally separate the tails in half! The lobster meat cooks in its shell, so you'll need that outer top shell intact even though it is cracked. Place both tails together on a large piece of heavy-duty aluminum foil, keeping the tails opened.

Cut your lemon in half and use one half to squeeze the juice directly onto the lobster tail meat. Then cut a few wedges from the other lemon half and place in and around the tails.

Melt your butter and pour over the lobster tail meat to top if off. Now you are ready to wrap and roll! Making sure to keep track of which side your outer top lobster shell is on, pull the sides of the foil up and over the tails, folding in to create a sealed "package".

Make sure your fire is hot, and place your package of tails SHELL-SIDE DOWN directly in the fire. Cook for approximately 10 minutes - no need to turn! Open and enjoy a smoky, succulent lobster treat!

## New! Grilled Alaskan King Crab with Simple Seafood Sauce

*This seafood marinade is delicious with all types of seafood or fish. Try it with lobster, shrimp, scallops, salmon or halibut.*

- 2 lbs. pre-cooked King crab legs, thawed & shelled
- 1/4 cup clarified butter, melted
- 1 Tbsp. mustard
- 1 Tbsp. lemon juice
- 1/4 cup dry white wine
- 1 Tbsp. dried parsley flakes
- 1 tsp. dried dillweed
- 1/2 tsp. garlic powder
- Salt & Pepper to taste

Spray cleaned grill grate with non-stick cooking spray and heat grill to medium. An indoor grill can also be used if more convenient.

Whisk butter, mustard, lemon juice, wine, parsley, dill, garlic powder, salt and pepper together until blended. Brush the sauce mixture onto the crab meat, reserving any unused sauce. Place crab meat on grill. Brush the crab meat with the reserved butter mixture and turn occasionally until heated through, 4 to 5 minutes.

Serve with any remaining sauce, some baked potatoes and your favorite salad. Sometimes the best things in life are the simplest!

## Classic - Shrimp & Linguine with Creamy Garlic Sauce

*Looking for a fresh idea for a quick and easy weeknight meal? We've got you covered. The whole family (kids too!) will love the creaminess of the savory garlic sauce paired with the sweetness of shrimp.*

- 4 Tbsp. olive oil
- 8 cloves garlic, crushed
- 2 cups heavy cream
- 1 cup dry white wine\*
- 1/3 cup fresh parsley, finely chopped
- 1 cup grated Parmesan cheese
- 1 lb. large cooked, peeled & deveined shrimp
- salt and pepper to taste
- 16 oz. linguine, cooked and drained

Time your linguine cooking so that both the shrimp, sauce and pasta are done around the same time. Fresh linguine is best, but dried will work fine too.

Heat oil in a large skillet over medium heat. Add garlic and cook for 1 minute. Pour in cream and wine, and bring to a simmer. Cook until cream begins to thicken (approximately 5 minutes). Stir in parsley, parmesan, shrimp, and season with salt & pepper. Heat just until the shrimp are warmed through, 1 - 2 minutes. Pour sauce over linguine in a large bowl and toss to coat.

*\*NOTE: If you have a food allergy or prefer not to use wine (hard to imagine, but hey, we aim to please all tastes) - feel free to substitute with low sodium chicken broth using the same amount. Splash on a little fresh squeezed lemon juice just prior to serving for some extra tang.*



# Lobster Sustainability & Conservation

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## Lobster Gram's Conservation Code of Conduct

Working Towards Sustainable Lobster Fisheries  
and Lobster Fishing Communities



## Maine Lobster is a Sustainable Resource!

Lobster Gram<sup>®</sup> 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](http://www.LobsterGramConservation.com) for further information.



## “Fresh Catch” from Lobster Gram



### What is the “Fresh Catch” of the Day?

It’s locally caught, seasonal, fresh-never-frozen fish and seafood - the best you’ve ever tasted, delivered right to your door! Now you can ship your favorite fresh seafood on Thursday, and it arrives at your door on Friday in time for weekend entertaining or family gatherings. This ensures maximum quality and fresh-from-the-sea flavor.

### Catch The Wave!

Recipes for each “Fresh Catch” are included in every order to get you started. Any fresh seafood lover will appreciate receiving such mouthwatering treats, such as **Sea Scallops, Crabmeat, Salmon, Swordfish, and Halibut**, just to name a few. Each selection is chosen for its seasonality, sustainability and deliciousness! It makes a wonderful gift or send to yourself for an “I’m Worth It!” indulgence (and a healthy one at that). One try and you’ll be absolutely hooked!

### Reel It In.

Go to [www.FreshCatchGram.com](http://www.FreshCatchGram.com) to see this week’s fresh fish and seafood selections and be sure to sign up for our free E-Club to receive email notifications of specials and promotions.

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