



# Seafood Handling and Cooking Instructions

~ READ IMMEDIATELY UPON OPENING ~



## DRY ICE WARNING

To maintain the integrity of our fresh seafood in transit, some shipments may include dry ice. Dry ice may be evaporated at the time of package delivery. Dry ice is a solid gas that is packaged in plastic bags with slits, to allow for evaporation. Dry ice can also slip out of its packaging and it can be harmful if handled with bare hands. Should your delivery arrive with dry ice, ***DO NOT HANDLE THE DRY ICE WITH BARE HANDS.*** Depending on a product's water content and proximity to the dry ice, it is also possible that some fresh items, but not all, will arrive frozen or partially frozen.

# In This Pamphlet:

Chowders and Soups.....	Page 9
Crab Cakes.....	Page 7
Dessert.....	Page 9
Dinner Rolls.....	Page 9
Fish Cakes.....	Page 7
Fresh Fish.....	Page 7
Lobster (In the Shell).....	Pages 4-5
Lobster (Out of the Shell).....	Page 5
Meat.....	Page 9
Sea Scallops.....	Page 8
Shellfish.....	Page 6
Shrimp.....	Page 8

## Important Information

### Food Storage

All perishable products should be kept refrigerated or frozen until use. All frozen products should be thawed under refrigeration.

**Live Lobsters** must be cooked the day they arrive.

**All Non-Live Products** can be frozen or kept frozen for up to 30 days. However, for peak freshness and quality, Legal Sea Foods recommends that all perishable products be consumed within 1 day of delivery, or the quality of the product may be compromised.

### Allergen Warning

All Legal Sea Foods Mail Order and Gourmet Gift products are produced in a facility that also processes fish, shellfish, milk, soy, wheat, egg, peanuts, and tree nuts.

### Raw/Undercooked Foods Warning

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

## Live Lobsters

**IMPORTANT:** *All lobsters must be cooked the day they arrive.*

Live lobsters are best left in their original shipping box (with coolants and closed) until they are cooked. You may also store live lobsters in the refrigerator crisper. **DONOT** put the lobsters on ice without drainage nor submerged in fresh water - lobsters die in fresh water.

### Boiling Lobsters:

**Prep:** Bring a full pot of lightly salted water (2 tsp./qt.) to a rolling boil.

**Cooking:** Place lobsters head first into pot. When water begins to boil again, cover the pot, and time. *(See Cooking Time Chart below)*

### Steaming Lobsters:

**Prep:** Place a steel rack on the bottom of your pot. Add water, 1.5" deep, in bottom of pot and lightly salt the water. Bring the water to a full boil.

**Cooking:** Place lobster, no more than two layers deep or 4 lobsters at a time, cover the pot, and time. *(See Cooking Time Chart below)*

#### Frequently Asked...

**Q:** What is the red, green, or black substance inside the body of my lobsters?

**A:** The soft green substance is the liver (or the tomalley) and the hard red substance is the roe. The roe may have a dark black tint if undercooked. Both the tomalley and roe are edible and are considered delicacies. However, they can easily be rinsed out for those who may not like it.

Lobster Size	Steam	Boil
1 ¼ lbs.	12 min.	9-10 min.
1 ½ - 1 ¾ lbs.	15 min.	12 min.
2 lbs.	18 min.	15 min.

**All lobsters should be cooked until the internal temperature reaches a minimum of 145 degrees Fahrenheit.**

## Pre-Cooked Lobsters (Whole)

*Best served cold atop a salad or made into lobster rolls, pre-cooked lobsters can be refrigerated for up to 2 days from the day of delivery.*

**Prep:** Remove them from the sealed plastic bag. Bring a full pot of lightly salted water (2 tsp./qt.) to a rolling boil.

**Cooking:** Place the lobsters head first into the boiling water, cover, and boil for approx. 3 minutes. Additional heating is optional, but can result in overcooking.

## How to Eat a Lobster



Remove claws from the body of the lobster.



With a claw cracker, crack open the claw and knuckle segments and slide the meat out.



Snap off the tail section.



Break off the flipper from the tail.



Use a small fork to push meat out.



Separate the carapace shell from the body.



Perforate the center of the body with your thumbs and crack it open. Remove the meat.



There is meat in the walking legs also.

### Lobster Tails (Raw, in the Shell)

**Prep:** Unwrap the lobster tails. If frozen, place in strainer and run under cold water or place in the refrigerator until defrosted. Split the lobster tail in half by cutting lengthwise down the back of the tail and brush with melted butter.

**Cooking:** Broil in shell 5" from heat source for approx. 4 minutes. Baste with more melted butter and broil for an additional 3 minutes or until lobster meat turns opaque. Cook until internal temperature reaches 145 degrees Fahrenheit minimum. Watch closely to avoid overcooking.

### Lobster Meat and Tails (Pre-Cooked, Out of the Shell)

Re-heating pre-cooked lobster meat/tails may lead to overcooking and it is not recommended. Pre-cooked lobster meat/tails is best served cold atop a salad or made into lobster rolls. Pre-cooked lobster meat/tails can be refrigerated for up to 2 days from the day of delivery.

### Lobster Mac and Cheese

**Prep:** Pre-heat oven to 375 degrees. Remove plastic cover from tray and place tray on a sheet pan.

**Cooking:** Bake uncovered for 14-16 minutes or until golden brown on top and hot in center. Cooking times and temperature may vary depending on oven. Cook until internal temperature reaches 165 degrees Fahrenheit.

### Lobster Roll Kit

**Prep:** Remove pre-cooked lobster meat from package. Sort through the meat and remove any remaining shell or cartilage. Larger pieces of claw and tail meat may be cut into smaller pieces. Once done, add lemon mayo and mix. Chopped green onions or diced celery may be added to taste. Set your finished lobster salad aside.

Remove brioche rolls from package, slice each lengthwise to create a cavity for your lobster salad. Stuff your rolls evenly with your lobster salad mixture and serve!

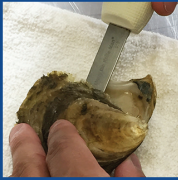
## Shucking Oysters\*



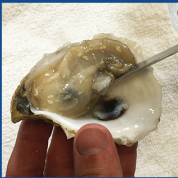
**1** Place an oyster cup side down onto a clean kitchen towel or cutting board.



**2** Insert the point of the oyster knife into the hinge, and wiggle the knife while placing a little pressure downward into the oyster and not towards your hand. If you are successful, the oyster shell will crack open.



**3** Run the knife along the top of the shell to release the oyster into the bottom half of the shell. Be careful not to lose the liquid. Discard the top shell, along with any loose shell fragments.



**4** Carefully run the knife under the oyster flesh to release it from its adductor muscle on the bottom shell.

**Best With:**

**Cocktail Sauce**

**Mignonette Sauce**  
(a shallot and vinegar based condiment)

**Lemon Wedge**

**\* Consuming raw or undercooked shellfish may increase your risk of foodborne illness. More information about the safety of consuming raw food is available upon request.**

## Littleneck Clams and Mussels

*Best if consumed within 24 hours of delivery.*

**Prep:** Dispose of any cracked or open clams/mussels. Add water, 1.5" deep, into bottom of pot. Bring the water to a full boil.

**Cooking:** Place clams/mussels into the pot. Clams can be cooked in their red net bags. Cover the pot for approx. 8 minutes or until clams/mussels open, whichever comes first. Remove the clams/mussels from the pot. Serve immediately with melted butter or cocktail sauce. Cook until internal temperature reaches 145 degrees Fahrenheit.



## Fresh Fish

Seafood	GRILL	BROIL	SAUTE'	BAKE	FRY	STEAM	Cooking Time
Cod (Scrod)		X		X	X	X	10 minutes per inch of thickness
Haddock		X		X	X		10 minutes per inch of thickness
Salmon (Farmed)	X	X				X	10 minutes per inch of thickness
Swordfish	X	X					9-11 minutes
Tuna	X	X	X				6-8 minutes

Cook until internal temperature reaches a minimum of 145 degrees Fahrenheit.



## Fish Cakes

**Prep:** Pre-heat oven to 350 degrees. Brush your baking pan with a little oil (whatever cooking oil you prefer). Remove fish cakes from packaging and place them onto your oiled baking pan. Brush the top of each fish cake with a little oil to aid in browning.

**Cooking:** Pre-heat oven to 350 degrees. Place on sheet pan/oven safe dish. Bake for approximately 10 minutes. Cook until internal temperature reaches a minimum of 165 degrees Fahrenheit.



## Crab Cakes

*Due to a high content of crabmeat and less filler, crab cakes may fall apart in transit. Simply form them into rounded patties and follow the directions below.*

**Prep:** Pre-heat oven to 350 degrees. Brush your baking pan with a little oil (whatever cooking oil you prefer). Remove crab cakes from packaging and place them onto your oiled baking pan.

**Cooking:** Bake approximately 8-10 minutes or until edges are brown. Cook until internal temperature reaches a minimum of 165 degree Fahrenheit.



# Shrimp

---

## Raw Shrimp (Peeled and Cleaned, Tail On)

**Prep:** Remove from packaging and season as desired.

**Cooking:** Depending on size, cook for 3-4 minutes. Shrimp can be grilled, sautéed, baked, fried, or steamed. Steam with rice and vegetables for a healthy, low-fat meal or grill using your favorite marinade. Cook until internal temperature reaches a minimum of 145 degrees Fahrenheit.

## Pre-Cooked Shrimp (Tail On)

*Our pre-cooked shrimp are ready to eat!*



# Scallops

---

## Sea Scallops

**Prep:** Remove from packaging and season the scallops as desired.

**Cooking:** Scallops can be grilled, broiled, sautéed, baked, or fried. In a single layer, cook for 10 minutes per inch of thickness. Cook until internal temperature reaches a minimum of 145 degrees Fahrenheit.

## Bacon-Wrapped Scallops

**BACON CRISPING TIP:** Remove bacon from scallops. Sauté the removed bacon strips partially before re-wrapping around the scallops and before beginning the baking process.

**Prep:** Pre-heat oven to 350 degrees. Brush your baking pan with a little oil (whatever cooking oil you prefer). Remove the bacon wrapped scallops from the packaging and place them onto your oiled baking pan.

**Cooking:** Bake approximately 12 minutes or until the bacon is crisp on the edges and cooked through. Cook until internal temperature reaches a minimum 145 degrees Fahrenheit.



# Soups and Chowders

## Soups and Chowders

**Prep:** Remove chowder, soup, or bisque from container or bag. Pour into your pot or crockpot.

**Cooking:** Heat over medium heat, stirring frequently to prevent burning, bringing to a soft boil. Cook until internal temperature reaches a minimum of 165 degrees Fahrenheit.

## Dinner Rolls

**Prep:** Pre-heat oven to 350 degrees. Remove the rolls from the packaging and place them onto your baking pan.

**Cooking:** Bake approximately 4-6 minutes or until golden brown.



# Meat

## Filet Mignon, Sirloin, and Steak Tips\*

**Prep:** Heat your grill until it's hot. Season your grill with oil for even, non-stick cooking. Season meat with salt and pepper, and/or your favorite marinade or seasoning of choice.

**Cooking:** Place meat on grill. Cook for approximately 5-8 minutes on each side, depending on desired doneness and thickness of cut.

Internal Temperatures	
Medium Rare	125 Degrees
Medium	140 Degrees
Well Done	165 Degrees

**\*Consuming raw or undercooked meats may increase your risk of foodborne illness. More information about the safety of consuming raw food is available upon request.**

## Ready to Eat

The following products are ready to eat and no cooking is necessary. If frozen, thaw under refrigeration before serving.

- ▶ *Smoked Salmon*
- ▶ *Desserts (Remove from packaging before thawing)*
- ▶ *Pre-Cooked Shrimp Cocktail*
- ▶ *Pre-Cooked Lobster Meat and Tails*