

Lobster Gram®

– 2017 –

Cooking Guide

GET READY FOR AN EXPERIENCE TO REMEMBER

LobsterGram.com



From our shore to your door[®]

Thrilling our customers with spectacular gourmet selections is what we're all about. Lobster Gram makes a uniquely enjoyable experience. A gift that will always be remembered. Our guarantee is simple—100% happiness. No risk. No worries. We stand behind everything we do.

Helpful videos on www.lobstergram.com show how easy it is for you to prepare our products. Need cooking instructions? Find help through the table of contents at right, or call 800-548-3562.

A special thanks to you for allowing us to offer over 28 years of gourmet experiences. Just in case you haven't ordered from us before, read the rave reviews from our other customers.

*Lobsterliciously Yours,
Dan "The Lobster Man"
Founder*



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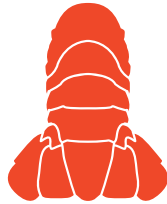
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**“Food is our
common ground, a
universal experience.”**

~ JAMES BEARD



CARE FOR YOUR LIVE LOBSTERS

Avoid putting your live lobsters in tap water or ice cubes prior to cooking.

Keep them inside the reusable cooler until preparation. Inspect the contents if you wish, but tightly replace the cooler lid immediately. Also avoid placing the cooler near any heat source or in direct sunlight.

Cook your Lobster Gram live lobsters, fresh seafood, fresh clams, or mussels the very day you receive them for best results.

Fresh-catch fish and seafood may be refrigerated for two days, or frozen. See Plan B on page 8 in the event you cannot serve your live lobsters tonight.

Frozen Tails, Steaks, Seafood

If you want to enjoy them tonight, start thawing them in the refrigerator, or for a quick thaw put them in a bowl of cold water. If you want them later, just put them in your freezer.

Fresh Catch Fish and Seafood

Put them in your refrigerator and enjoy tonight! If you don't think you will enjoy them in the next 3 days, simply put the items in your freezer.

How to Boil Live Lobsters

I have talked to hundreds of lobstermen & chefs and here is the easiest and best way.

- Fill a stock pot with enough water to cover the lobsters while keeping the lobsters in the cooler. Place water-filled pot atop stove and bring to a strong boil. Adding salt to accelerate boiling is not recommended: it may result in an over-boil.
- Firmly grasp the lobsters behind their arms and carefully plunge them head-first into the boiling water. Some lobster men advise to cut the rubber bands off because the rubber may affect the taste. But be careful, those claws hurt!
- Cover the pot with a lid. You may hear a whistling sound when air escapes from their shells. Be careful of their tails splashing water and of over-boils. Remember, lobsters don't scream - they don't have vocal chords.
- When the water returns to a full boil, start timing your lobster according to the chart on page 7. Continue cooking uncovered. Reduce heat as necessary to maintain a soft boil.
- Prepare lemon/butter sauce while the lobster cooks. Melt butter over very low heat and add lemon sliced in quarters if you'd like. Make sure you try some without any butter or lemon!
- When the timer goes off, make sure that your lobsters are deep red to pink in color. Wear rubber kitchen gloves for handling to prevent burns.
- Carefully remove your lobsters from the pot with tongs or other utensils and place them on a plate. Let your lobsters sit for a few minutes so that the juices can soak into the meat. Go to our How-to Cooking Videos link at LobsterGram.com to see for yourself.

DAN THE LOBSTER MAN TIP

GIVE IT A REST After you remove your lobsters from the pot after cooking, let them sit on a plate for several minutes so that the savory juices have a chance to soak back into the meat.

Removing the meat:

- Twist off the entire arm from the lobster body and remove the rubber bands from the claws. Go to our How-to Cooking Videos link at LobsterGram.com for an informative demonstration.
- Crack open the claws and joints and push out the meat with a fork. It's not unusual for hot water to spill out of the shell when you crack it, so be careful.

DAN THE LOBSTER MAN TIP

GET CRACKING... but don't crack open all the meat at once as it will only get cold. Crack open only what you will be eating immediately.

- Break off the tail section from the body at the midsection and rinse off the innards. The greenish substance you may see is known as the tomalley, or liver.
- Check the lobster meat for doneness. See that all tail meat appears firm and completely white. If there is any sign of a translucent gray color or roe (on females) that are black and shiny, more cooking time is required. Return lobster tails to the boiling water for one-minute intervals until done.
- Crack off the flippers from the tail. If you see red in the tail section, this is the “roe” or lobster caviar, which is considered a tasty delicacy by many and can sell for hundreds of dollars per pound. See page 9 to learn more about the color of your lobster.
- Push out the meat from the tail using a seafood fork or cut through the shell with kitchen scissors.
- Serve by itself, with lemon/butter sauce, or your favorite seasonings.
- **Please Note:** Cracking the shells of super jumbo lobsters 3 lbs. or larger may require more effort. Lay out newspapers on a roomy, flat surface and place the claws on top. Place a hot pad over the claw and strike once or twice with a cooking mallet or hammer.

lobster pot size guide

LOBSTER WEIGHT	12QT. POT	16QT. POT	21QT. POT	34QT. 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

lobster cooking time

LOBSTER WEIGHT	COOKING TIME
CHICKS (1 lb. lobsters)	9-10 minutes
QUARTERS (1.25 lb. lobsters)	10-11 minutes
HALVES (1.5 lb. lobsters)	11-12 minutes
JUMBOS (2 lb. lobsters)	12-13 minutes
SUPER JUMBOS (3 lb.+ lobsters)	15-16 minutes

plan B

What to do if you can't serve your live lobsters tonight

- Cook your lobsters as outlined in the cooking section on page 6.
- After cooking, rather than removing the meat, immerse the whole lobster in ice water for five minutes to stop the cooking process.
- Place lobster in a resealable plastic bag and refrigerate for up to one or two days, or freeze for no more than a week to retain maximum flavor.
- Thaw frozen lobster in the refrigerator for at least 24–36 hours before reheating them.
- Reheat your lobster by placing them in a pot of boiling water.
- Let them heat through for one to two minutes. Remove promptly to prevent overcooking.
- Continue with removing the meat as detailed on pages 6 and 7.

DAN THE LOBSTER MAN TIP

PLEASE NOTE: Use two smaller pots if you don't have a large enough pot for the quantity that you're cooking. Use the same amount of water in each pot to insure that they cook at the same rate. Cook lobsters in batches if you have only one pot.

Steam your lobster New England style

Steaming is the most authentic way to enjoy the honest-to-goodness lobster flavor as it's served in New England. This method may require some practice to ensure even cooking.

LIVE LOBSTERS

- Fill the bottom of a large kettle with approximately 1" of water.
- Bring the water to a rolling boil.
- Add the live lobsters one at a time, cover tightly with the lid, and return to boil.
- Set timer according to the boiling chart on page 7 and add one minute to the cooking chart.
- Check tail meat for doneness (meat should be all white, no grayness). If not done, return to pot for an extra minute or two. Times may vary.



FRESH FROZEN TAILS

- Fill the bottom of a pot or skillet with approximately 1/2" of water.
- Bring the water to a rolling boil.
- Lay thawed lobster tails flat on the bottom of the pan, cover tightly with the lid, and return to boil.
- Add two minutes to the Boiled Lobster Tail cooking times listed on page 7.
- Halfway through the cooking time, turn tails over once. Tails may curl slightly during cooking.

What is all that “stuff” inside my lobsters?

Beneath its shell, a lobster is a remarkable combination of colorful and sometimes mysterious elements. Let us add some clarity.

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 encountered in restaurants or at your local sushi bar. They're quite delicious—try them if you're feeling adventurous.

GREEN STUFF: The brownish-green substance is the tomalley, or liver of the lobster. All lobsters have tomalley as you'll discover when you separate the tail from the body. Simply rinse it off before digging in, and you'll be ready to enjoy your lobster. Some people like this, I pass on it.

WHITE STUFF: Once a Lobster Gram lobster is cooked, expect to see a thick whitish foamy matter around the meat and in the cooking water. This is protein generated by the lobster that can be easily rinsed off. It offers further proof that your lobsters are incredibly fresh!

PINK MEAT: Occasionally Maine lobster tail meat reveals a pinkish tint. This color usually indicates that you have received a female lobster that is either preparing to produce eggs, or just has. There is no effect on the quality or taste of the meat.

Boiled lobster tails

We think that this is the best way to get consistently perfect results.

- Fill a pot with just enough water to cover your lobsters; place lobster tails aside.
- Add other seasonings to the water if you like, though it's not necessary for cooking.
- Bring 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 chart below and simmer uncovered for the specified time.

DAN THE LOBSTER MAN TIP

THAWING IS VITAL Thaw your lobster tails in the refrigerator for one day prior to cooking them. For best results, place them in their wrappers on a plate to catch any juices.

Quick thaw method: Place sealed bags in cold water for 30–60 minutes. Replace water once. If your tails are not thawed throughout, the meat inside the tail will not cook all the way.

boiled lobster tails

NUMBER OF TAILS	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.	6½ Minutes

DAN THE LOBSTER MAN TIP

CHECK FOR DONENESS Remove all tails from the water, but you only need to test one. Cut through the shell into the thickest part of the tail meat with a knife. The meat of a fully-cooked lobster tail is white with no sign of translucent grayish color. If you detect any translucency, or the roe (eggs) still appears black & shiny, put the tail back in the water a minute or two for continued cooking. Err on the side of undercooking. You can always cook a bit longer to ensure perfect results.

Grilled or broiled lobster tails

We've discovered that par-boiling prior to grilling or broiling helps ensure even heating and cooking and a moister tail.

- Insert a long metal skewer lengthwise in each tail to keep it from curling.
- Drop the tails in a pot of boiling water.
- Reduce heat when the water returns to a soft boil.
- Set timer according to the chart below and simmer uncovered.
- Remove lobster tails from water and lay flat on their backside of your grill or broiler with the soft, underneath side of shell facing up.
- Cut through the shell lengthwise down the middle with a knife.
- Prying the shell open, pour melted butter and squeeze lemon juice right into the meat as desired.
- Grill with the cut side facing up, at medium-high heat, or broil on low for the time listed below, or until done.

LOBSTER GOES BIG TIME: See our other chart on page 13 for boiling lobster tails 16 oz. or larger.

grilled or broiled lobster tails

NUMBER OF TAILS	TAIL SIZE	PAR-BOILING 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.	5½ Minutes	4-5 Minutes



LOBSTER TALES:

"I'm just loving my lobster order. Each time I will try a new item with my regular. Hard to control my eating. Everything is soooooo good. Lobster Gram you are the best!!!"

~CHERYL J., COOPER CITY, FL

as seen on TV —

Prep your lobster tails for baking

When I prepare our gorgeous lobster tails on TV, this is exactly how to make them look and taste mouthwateringly perfect—and here are my secrets. See how easy it really is to wow your guests with your expertise. See important thawing information on page 10. This is my favorite way to cook and serve our tails.



step 1



step 2



step 3a



step 3b



step 4a



step 4b

Step 1 Cut lengthwise through the top of the lobster shell with kitchen scissors or a very sharp knife. Cutting the shell also cuts through the meat. This butterflies the meat and enhances the presentation. If you wish to remove the digestive tract (the dark line that runs along the length of the tail), do so now.

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. You will actually hear the shell crack.

Step 3a&b Separate the meat from the shell. Carefully place your fingertips over the flipper end and move forward loosening the meat from the sides of the shell while leaving the meat at the flipper end intact. Rinse to remove any shell fragments.

Step 4a&b Lift the meat through the cut shell opening and lay on top of shell.

Step 5 Bake your lobster tails according to the instructions below.

Baked lobster tails

- Preheat your conventional oven to 425°. Convection ovens cook 15% to 20% faster. Adjust baking times accordingly.
 - Place the tails in a baking pan and add 1/4" water to the bottom of the pan to prevent dryness during the baking process.
 - 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 approximately 1 minute per ounce. For example, a 6–7 oz. lobster tail would bake for 6–7 minutes. Don't overcook. The longer you bake, the firmer the meat becomes, especially in the tail region.
 - Serve immediately with lemon wedges.

Boiling giant lobster tails

Giant lobster tails weigh in anywhere between 16 to 36 ounces per tail. Be assured that when they are prepared correctly, their taste and tenderness are the same as smaller tails. See important thawing information on page 10.

- Fill a pot with enough water to cover your lobster tails and bring to a boil. Put lobsters aside.

DAN THE LOBSTER MAN TIP

Cut lengthwise down the softer underneath side of the shell to split the tail down the middle with a sharp knife. This is the key to Giant tail cooking perfection. It allows the thick inner part of the tail meat to cook while preventing the outer meat from being overcooked.

- Add the tails after the water comes to a rolling boil.
- Simmer uncovered according to the chart below when water returns to a boil.
- Remove tails with tongs while water continues to simmer and check for doneness (see page 10).

grilling giant 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. Cut through the shell lengthwise down the middle with a knife.
- Add the tails to a pot of boiling water.
- Reduce heat when water returns to a soft boil and simmer, uncovered, according to the chart below.
- Remove tails from the water with tongs and pry the shells 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, according to the chart below.

TAIL SIZE	BOILING TIME	GRILLING TIME
20-24 OZ.	7-9	3-4
28-32 OZ.	9-11	4-5
32-36 OZ.	11-13	5-6



split tails



step 1



step 2



step 3



step 4



step 5

Step 1 Preheat oven or grill to 425°. Make sure that your split tails are completely thawed. On most tails the vein is removed but, if not, just rinse it off with your finger under cold water. Be careful not to destroy the tail. Be gentle.

Step 2 Take your clarified or unsalted butter and melt it in your microwave or a small saucepan. If using the microwave, put a cover on the butter and use a low power to prevent it from making a mess in your microwave! Baste the tails with the melted butter; this will keep the tails from drying out. And butter always makes everything better! However, use margarine if you like. To be fancy, sprinkle some paprika on top of the buttered tails.

Step 3 Make sure your grill or oven is at 425°. Lay the tails, shell side down, on the grill, or on a baking sheet if using an oven. Set your timer for 3 minutes. Close the grill or oven and don't peek!

Step 4 After 3 minutes, flip the tails meat side down and set your timer for 2 more minutes. Close the grill or oven and don't peek!

Step 5 After 2 minutes, remove the tails from the grill or oven and check for doneness.

NOTE: Here's the trick so the tail meat comes out of the shell easily! Place your fork at the flipper end of the meat and gently pull the meat out (see the picture for step 5). The entire tail should come out, but it only works when you start at the flipper. This trick works 95% of the time!

littleneck clams – 2 easy ways

STEAM:

- Put 1/2" of water in a large sauce pan and bring to a boil.
- Add the clams, cover with a lid, and cook for approximately 4 minutes. After they open their shells, let them cook another minute. Discard any clams that don't open up.

BOIL:

- Drop clams inside their mesh bag in boiling water with lobster if there's room. Otherwise, cook clams first.
- Watch for outer clams to open within a minute or two.
- Once they do, cook for one minute longer.
- Remove the bag with a long-handled fork or tongs.
- Cut open and carefully pour into a strainer.

ABOUT FRESH CLAMS Fresh clams typically come with some sand inside them. Save the cooking broth and pour into a bowl. Dip the clams in the broth to help remove any sand inside. Discard any clams that don't open up. As a special treat, serve the clams with melted butter.

Prince Edward Island mussels

- Steam for 3–5 minutes in 1" of liquid: water, wine, tomato sauce, etc., until just after they open their shell.
- Remove the beard (the membrane that stores sand and grit) by simply pulling it away from the meat.
- Serve mussels over pasta or in bowls with bread on the side to soak up the juice.
- Save the clear cooking juices to make soup or prepare sauces.

ABOUT 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. Some fresh clams or mussels may be open upon arrival. 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 and refrigerate for up to one day, covered with the moist pad included in the cooler.

JONAH CRABMEAT

Our fresh Jonah Crabmeat is fully cooked and picked, and ready to use in your favorite crabmeat recipe. Keep refrigerated for up to four days. Freeze in the unopened container for up to two weeks.

fresh-frozen seafood delicacies

DUNGENESS CRAB Lean, healthy and fantastically tasty, Dungeness crab is already cooked fresh on the boats as they are caught to lock in all the goodness. All that's left for you to do is heat them up to serving temperature.

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.

CRAB CRACKING:

- 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.
- 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.
- 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”).
- 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.
- 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.

FRESH MAINE LOBSTER MEAT

Our fresh lobster meat is picked fresh every day and shipped to you the very next day for delectable dockside flavor. Ideal in lobster rolls or over a salad.

LOBSTER OR SNOW CRAB CLAWS - PRE-COOKED & FROZEN

If still frozen, thaw first in the refrigerator. To serve, rinse under cold water and drain. Make them a part of your lobster or crab cocktail!

LOBSTER OR SNOW CRAB CLAWS Both of these are already cooked fresh on the boats as they are caught to lock in all the goodness. All you need to do is thaw and enjoy them cold. Lobster claws are pre-scored, so they can be easily cracked open with a nut cracker.



KING CRAB Prized for its tantalizing white meat, king crab is already cooked fresh on the boats as they are caught to lock in all the goodness. Just heat them up to serving temperature and enjoy.

KING CRAB - PRE-COOKED & FROZEN

If still frozen, thawing first in the refrigerator is recommended. Before preparing, soak them in cold water for at least 15 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 with lemon and melted butter. Serve cold, with lemons and cocktail sauce, for a fancy crab cocktail.

MAINE LOBSTER MEAT - PRE-COOKED & FROZEN

Thaw 24–36 hours in the refrigerator, lightly rinse, drain and pat dry with paper towels. Use in any recipe and enjoy! 1½ cups of meat is approximately equal to 1/2 lb. of cooked lobster meat.

LOBSTER HORS D'OURVES Dab a little fresh lobster meat on your favorite cracker. Top with your favorite shredded cheese and bake for five minutes in a 325° oven. Yum.



MAINE LOBSTER SEAFOOD BAKE

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

COOKING INSTRUCTIONS: Thaw in refrigerator for 6 hours or overnight. Preheat 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: Preheat 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!**



LOBSTER TALES:

“We have ordered from you several times. We live in a very upscale neighborhood. Still, cannot find shrimp of this quality here. We also like your lobster dishes. Customer service is excellent, as well.”

~MARY W., MIAMI BEACH, FL

SEA SCALLOPS - FRESH CATCH OR FROZEN

Enjoy this classic shellfish with a good white wine and crisp salad. Tender and sweet, they are fabulous seared, with the inside slightly underdone, which preserves its delicate juiciness.

SEAR:

- Rinse scallops and dry on paper towels.
- Cook in a sauté pan in olive oil over high heat just 3–4 minutes per side.

BROIL:

- Rinse scallops and dry on paper towels.
- Arrange on bottom of broiler pan, brush with melted butter and lemon juice, sprinkle with salt and pepper.
- Broil 3 minutes, flip, and broil for 3 more minutes.



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. Serve them as an appetizer or entrée. They're wonderful either way.

prepping steaks & chops

STORING: For the ultimate flavor, enjoy your steaks as soon as possible after they have arrived. This ensures optimal freshness and quality. If this is not possible, follow these guidelines:

- If steaks are still frozen and in the original packaging, you can freeze for up to 6 months.
- If steaks are thawed but still cold to the touch, place on a plate, refrigerate, and prepare within two days.

THAWING: Safely thaw any frozen meat prior to preparing, so that it cooks more evenly. Place on a covered plate and refrigerate for 24–36 hours. **Microwave thawing is never recommended.** The result will be less than desirable.

THE AGING PROCESS: We purposely age all of our steaks a minimum of 21 days in a temperature-controlled cooler, set just above 32° F. This helps break down the natural fat to enhance tenderness and flavor. That's why your steaks may have a dark reddish-brown color after thawing.

STEAK OUT Let your steak sit out at room temperature for ten minutes after refrigerating to maximize cooking and, ultimately, flavor.

cooking 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 achieved on either. Oven broilers perform well too, if the weather or season doesn't permit outdoor cooking. Timing may vary slightly between methods due to differences in the fire intensity, wind, weather, and even placement on the grill.

SPECIAL SEASONINGS: Our steaks are so flavorful they don't require steak sauce. You may have your personal seasoning preferences, or consider marinating to help enhance the natural flavor. Here are a few of our recommendations.

- 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 them 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 reaches high heat. Use a spatula or tongs to move and turn over your steaks.

PLACE STEAKS ON THE GRILL. If one is being cooked well done, wait a minute or two before placing the others on the grill so that they will all be ready to serve at the same time.

LET STEAKS COOK ON ONE SIDE FOR ABOUT 2 MINUTES. Then use your tongs to turn them over. This helps sear in the juices of the meat to make them juicier and more flavorful. See our cooking chart on page 21.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

FIRE UP Build your fire or set your grill for high heat and keep the lid on. For oven broiling, cook meat 3" from the heat.

COUNT THE MINUTES. The times below are general estimates of how long it will take to cook your steaks. Remember, these times will vary depending on your cooking method, grill temperature, wind, and atmosphere, so be sure to check your steaks regularly. Regarding doneness, keep in mind that the longer a steak is cooked the more it reduces juiciness and flavor.

GIVE THEM A REST Use a meat thermometer. 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 flavorful juices will lock themselves inside, right where you want them, rather than dripping on your plate.

cooking chart: minutes per side

THICKNESS	RARE	MEDIUM-RARE*	MEDIUM	WELL-DONE
1"	3	4	5	6
1"-1.5"	4-5	5-6	6-7	7-8
1.5"-2"	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.*

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 stringent diet, free of hormones and antibiotics, to create some of the world's finest steaks. Easily recognized by their marbled texture, these flat-iron steaks have a rich, buttery flavor and a melt-in-your-mouth succulence.

FLAT IRON STEAK PREPARATION: Set your grill to medium-high heat. Grill 2–3 minutes per side for medium-rare, or to desired doneness. Then place them on a serving plate, loosely cover with foil, and let them 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.

Prime steak burgers

We've offered steak burgers for a long time, but when we tried these amazing steak burgers, made from real Prime steaks, we knew we could never go back. The velvety texture and rich flavor will surpass any other burger experience you've ever had. In fact, they're so good, you'll want to enjoy them as you would a fine steak, with a bold red wine or your favorite lager or ale.

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 page 20.

GRILL: Medium-high heat for 4–5 minutes per side or until done.

PAN FRY: Preheat a heavy skillet to medium-high heat. Cook for a total of 8–10 minutes, turning once halfway through.



sous vide

The following fabulous entrées are prepared sous vide style. What is sous vide? This method of cooking uses an airtight plastic bag placed in hot water to cook all the ingredients inside to incredibly tender, juicy perfection. These entrées are already braised prior to being sealed in their sous vide pouch. All you need to do is thaw overnight in the refrigerator, boil the entrée right in its pouch, and serve with your favorite side dish.

BUTTER-POACHED SHRIMP

Place thawed product in a pot of boiling water in the bag. Reduce heat and simmer for 5 minutes. Carefully pour contents from bag, and serve. For best results, do not prepare from frozen.

BUTTER-POACHED MAINE LOBSTER TAILS

Place thawed product in a pot of boiling water in the bag. Reduce heat and simmer for 5–7 minutes. Carefully pour contents from bag, and serve. For best results, do not prepare from frozen.

amazing appetizers

LOBSTER MAC ‘N CHEESE BALLS

Keep frozen until ready to cook, unless deep frying. **Conventional Oven:** Preheat oven to 350°. Remove frozen Mac ‘n Cheese Balls from packaging and place on baking sheet. Bake for 16 minutes, or until internal temperature is 165°F. **Deep Fry:** Thaw Mac ‘n Cheese Balls before frying. Preheat oil to 375°F. Fry Mac ‘n Cheese Balls for 3–3½ minutes each.

LOBSTER AND SHRIMP QUINOA BITES

Keep frozen until ready to cook, unless deep frying. **Conventional Oven:** Preheat oven to 350°. Remove frozen Quinoa Bites from packaging and place on baking sheet. Bake for 7–9 minutes, flip Quinoa Bites over, and bake an additional 7–9 minutes. **Deep Fry:** Thaw Quinoa Bites before frying. Preheat oil to 300°F. Fry Quinoa Bites for 2–2½ minutes.

LOBSTER RANGOONS

Preheat oven to 375°. Place frozen appetizers on an ungreased sheet pan lined with parchment paper or foil. Bake for 12–14 minutes or until golden brown and thoroughly heated through.

LOBSTER SPRING ROLLS

Keep frozen until ready to cook. **Conventional Oven:** Preheat oven to 350°. Remove frozen Spring Rolls from packaging and place on baking sheet. Bake for 20 minutes, or until internal temperature is 165°F. **Deep Fry:** Do not thaw Spring Rolls before frying. Preheat oil to 300°F. Fry Spring Rolls for 6 minutes each.

OYSTERS BIENVILLE - NEW ORLEANS STYLE

Thaw in refrigerator. Preheat oven to 350°. Place oysters in an oven-safe baking dish and bake for 15 minutes or until lightly golden brown on top. As a creative and elegant serving suggestion, place cooked oysters on a layer of rock salt to keep the shells from tipping.

SEA SCALLOPS WRAPPED IN BACON

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

STUFFED CLAMS CASINO

Prepare from either frozen or thawed. If thawed, reduce total cooking time. Remove film from tray. **Oven:** Preheat 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

For Premium Crab & Lobster Cakes, Premium BBQ Shrimp Cakes, Maryland-Style Premium Crab Cakes, Premium Shrimp & Grits Cakes, and Premium Maine 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 the tops don't burn).

TO PAN-FRY OR 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.

soups & chowders

All of our soups and chowders are our own prized recipes. Each one is made in small batches with only the finest ingredients

THAW YOUR CHOWDER OR SOUP 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. 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.

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, a dash of hot sauce, or a hit of whiskey or brandy!

lobster & seafood sides

COQUILLES ST. JACQUES ON THE HALF SHELL

Thaw several hours in refrigerator or overnight. Alternate thawing method: Remove plastic wrap and microwave on defrost setting for 5 minutes. Preheat oven to 350°. Remove plastic wrap from shells and place on baking sheet. Bake for 15–20 minutes or until sauce is bubbly and crumbs have browned.

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. Preheat oven to 375°. Remove plastic wrap and place 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. 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 linguine, 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 RISOTTO

Thaw several hours in refrigerator or overnight. Alternate thawing method: Remove plastic wrap and microwave on defrost setting for 5 minutes. Preheat oven to 350°. Remove plastic wrap from shells and place on baking sheet. Bake for 15–20 minutes or until sauce is bubbly and crumbs have browned.

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.

sweet corn & new potatoes

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 to a boil, then reduce to a soft boil for 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. Cook for a total time of 12 to 18 minutes, turning four times so each side cooks evenly. When done, remove the husk and silk very carefully (they will be very hot!), silk should slide off easily.

chill the 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. Prosecco, Cava or sparkling wine is also nice.

WHITE BURGUNDY (CHABLIS OR POUILLY RUISSE): These un-oaked chardonnays have great acidity and tones of citrus fruits that compliment any shellfish or seafood.

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

RED WINES TO SERVE WITH MEATS, SALMON AND TUNA

OREGON PINOT NOIR: A livelier version of the average pinot noir 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.

ENTER OUR RECIPE VAULT Discover many of our previously-published recipes (all of them yummy) archived on our website at www.LobsterGram.com/recipes



LOBSTER TALES:

“Have been ordering for many years and not a complaint available from me. Food is excellent, reps are extremely helpful and friendly, with good suggestions. Just keep up the good service and I will be a happy camper!”

~LYNN T., RAINBOW CITY, AL



decadent desserts

CHOCOLATE LAVA CAKES

If frozen, thaw overnight or for 2–3 hours in the refrigerator. Bring to room temperature before heating. Remove outer wrapper and place on serving plate (make sure the plate is microwave-safe). Microwave on high for approximately 30 seconds, or place in a 400° preheated oven for 4 minutes. The center of the cake will be melted and quite hot when ready. We recommend serving with fresh whipped cream and raspberry sauce or fresh berries.

“Eating is not merely a material pleasure. Eating well gives a spectacular joy to life and contributes immensely to goodwill and happy companionship. It is of great importance to the morale.”

~ ELSA SCHIAPARELLI

lobster recipes



SIMPLE STUFFED LOBSTER

Our recipe is so easy: you don't even need to make the stuffing! Use any of our scrumptious seafood cakes. Our favorite is buttery-rich lobster cakes.

Two 1-1/4 lb. live Maine lobsters

2 Tbsp. butter

Four 4 oz. Lobster Gram Lobster cakes, thawed

1 clove garlic, crushed

- Fill a 12 qt. pot with enough water to cover the lobsters without spilling over. Bring water to a rolling boil and add the lobster. Start your timer to 9–10 minutes when the water returns to a full boil. When the timer goes off, remove the lobsters from the cooking pot and cool under cold running water.
- Preheat oven to 350°. Using a pair of kitchen scissors, cut the lobster shell in half lengthwise. Do this by starting at the tail and cutting through the bottom side all the way to the head. Flip the lobster over and repeat this on the top side. Using a sharp knife, cut through the meat of the lobster.
- After the lobsters are halved, clean out the body cavity of each half, leaving the tail meat in the shell. Cut a 1/4" deep slit into the length of the tail meat. Lay each lobster half on a lightly-oiled or foil-covered baking sheet. Cut each lobster cake in half and place in the cleaned body area of the lobster. The bulk of the lobster cake will fill the body cavity (about 3/4 of the cake). The rest should fill the slit in the tail.
- Place the butter and garlic in a microwaveable dish and microwave until butter melts. Brush garlic butter over the lobster cakes. Place the tray in the oven on the center rack for approximately 10 minutes, or until stuffing is golden brown. Broil for 1–2 minutes for crisper tops. Serves 2.

LOBSTER CARBONARA

This incredible dish is both simple and elegant with a great gourmet flair. Even lobster novices will master it to make a very memorable dinner.

3 cups (1 lb.) cooked lobster meat,
cut into bite-size chunks*

1 lb. (1 box) linguine, cooked

2 Tbsp. butter, margarine or olive oil

1 large Vidalia onion, chopped

2 tsp. chopped garlic

*1 lb. fresh mushrooms, stems removed
and chopped*

1-1/3 cup frozen peas

1/3 cup (approx. 7 pieces) cooked bacon

1/4 tsp. crushed red pepper flakes (optional)

*16 oz. (2 cups) prepared cream or
cheese sauce*

2 Tbsp. chopped parsley

- Over medium-high heat in a large sauté pan, melt the butter or heat the olive oil. Add the onions and garlic. Cook until tender, about 2–3 minutes. Add mushrooms, peas, and bacon. Cook until mushrooms are tender, stirring occasionally. Reduce heat to low. Add the 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.

* 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!

SEA EVEN MORE LOBSTER

– at LobsterGram.com –

This booklet is just the beginning. Discover how-to videos, recipes, cooking instructions, nutritional information, and much more at our website.



LOBSTER TALES:

“Lobster Gram is truly unique in that they offer a “one stop” shopping experience for a super wide variety of lobster dishes!”

–MARK P., LANGSTON, AL

CLASSIC BROILED LOBSTER TAILS AU GRATIN

Back by popular demand! This classic, simple method of preparing our lobster tails creates an elegant presentation that will wow your guests for sure. 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 12 of this manual for easy steps to butterfly the lobster tail, except you won't be preheating the oven to bake (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 over cooking.
- 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.

SCALLOPED LOBSTER

1-1/2 cups cooked lobster meat

1 cup soft bread crumbs

1 cup half & half

1 well-beaten egg

2 Tbsp. melted butter or margarine

1/2 tsp. prepared mustard

1 tsp. lemon juice

Few drops of juice from an onion

1/2 tsp. salt

1/4 cup bread crumbs (to sprinkle on top)

- By hand, mix lobster meat, bread crumbs, milk, egg, butter, mustard, lemon juice, and onion juice. Put the mixture into a greased baking dish and cover with bread crumbs and a few pats of butter. Bake for 30 minutes at 350°.



LOBSTER TALES:

"The products that I have gotten from Lobster Gram over the years have all been outstanding and at a good price. I highly recommend their products."

~JOHN K., NEW RICHLAND, MN



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– Win a \$100 Gift Certificate –

Upload your photos or videos. Post your live lobster adventure on our Facebook page, Twitter, Pinterest, Yelp, or add an online product review at LobsterGram.com. Winners will be drawn monthly.

TEQUILA-LIME LOBSTER TACOS

We add our own little Lobster Gram twist on the Baja-style fish tacos from Mexico. You'll love the added flair of the sweet, crunchy jicama mixed with store-bought pico de gallo, topped with a luscious avocado cream sauce.

1-1/2 cups cooked lobster meat, minced*

2 Tbsp. Tequila

2 Tbsp. fresh lime juice

1/2 tsp. salt

1 tsp. chili powder

1/2 tsp. cumin

1/2 cup diced jicama

1/2 cup pico de gallo

1 medium ripe avocado, pitted and scooped from the skin with a spoon

1 Tbsp. fresh lemon juice

1/4 tsp. cayenne pepper (optional)

1/3 cup plain yogurt

1/4 tsp. salt

4 soft flour tortillas

- In a medium bowl, whisk together the tequila, lime juice, salt, chili powder, and cumin. Add the lobster meat and toss to coat well. In another bowl, mix together the jicama and pico de gallo. Then, in a blender or food processor, combine the avocado flesh with the lemon juice, cayenne pepper, yogurt, and salt. Process until smooth. Pour into a bowl. Wrap the tortillas in foil and heat in a 400° oven until warm, or place them on a plate, cover with a moist paper towel, and microwave for 30 seconds on high.
- Divide the lobster mixture among the four tortillas. Top with the jicama pico de gallo, then drizzle with the avocado cream sauce. Olé!

* 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!

sea scallops recipe

PAN-FRIED BREADED SEA SCALLOPS

2 Tbsp. butter

1 cup shallots, chopped

2 cups dry white wine

¼ Tbsp. white wine vinegar

½ cup heavy cream

2 Tbsp. chopped parsley

1 tsp. lemon juice

Few drops of juice from an onion

Salt and pepper

1 pound sea scallops

- Melt butter over medium heat and cook shallots for 4 minutes. Add wine and vinegar and bring to a simmer. When liquid starts to thicken, add heavy cream and simmer for 8 minutes. Stir in parsley, salt, pepper, and scallops. Simmer the scallops for about two minutes or until they are milky white. Serve over rice. Serves 4.

shrimp recipe

SHRIMP & PASTA SALAD

1 lb. jumbo shrimp

1 cup chopped red sweet peppers

⅓ bottle creamy onion salad dressing

2 Tbsp. fresh dill

Salt and freshly ground black pepper

6 oz. baby spinach

¼ oz. crumbled feta cheese

1 cup shell pasta

- Prepare the shell pasta according to the directions on the package and drain. In a large bowl, combine the pasta, shrimp, and sweet peppers. Pour salad dressing over mixture, sprinkle with dill, and toss the salad to coat. Season with salt and pepper. Put spinach in individual serving bowls and top with the shrimp mixture and feta cheese. Makes 6 servings.

WATCH OUR VIDEOS

– at LobsterGram.com –

Learn the tricks of cracking open lobster shells. Pick up techniques for boiling, baking, and grilling your live lobsters or fresh-frozen lobster tails to perfection.

steak recipe

CLASSIC BEEF WELLINGTON

1/4 cup butter

3/4 lb. mushrooms, chopped

1/3 cup red onions or shallots, chopped

1/3 cup sherry or Madeira

1/4 cup fresh parsley, chopped

1 tsp. each salt and pepper

Four 6 oz. filet mignon steaks

1 pkg. frozen puff pastry shells

- In a large skillet, melt the butter. Add the mushrooms, onion, sherry, parsley, salt and pepper. Stir, and cook until all liquid cooks out and mixture resembles a paste. Spoon mixture over each filet mignon until top is covered. Partially thaw pastry shells. Roll out until it's large enough to cover the top, sides and part of the bottom of each steak. Preheat oven to 425°. Cook steaks in a broiler pan on the rack, uncovered, for 25 minutes for rare to medium-rare steaks, or longer if you wish the meat to be more well-done. Serve with bearnaise sauce if you wish. Serves 4.

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“Food, in the end, in our own tradition, is something holy. It’s not about nutrients and calories. It’s about sharing. It’s about honesty. It’s about identity.”

~ LOUISE FRESCO



LOBSTER SUSTAINABILITY & CONSERVATION

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.

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 on our website.

Lobster Gram

LobsterGram.com