

# STEAMED WHOLE LOBSTER

F EASY

Last Modified: 05/18/2014

PREP: 30 Min  
COOK: 7 To 30 Min  
STOVETOP

SEAFOOD

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Whole	Maine Lobsters (Cold Water)	Alive
2	Cups	Water	
2	Cups	Distilled White Vinegar (Heinz)	
10	Whole	Black Peppercorns	
2	Whole	Dried Bay Leaves	
1	Bunch	Fresh Rosemary	
1	Bunch	Fresh Thyme	
1	Bunch	Fresh Italian Parsley	
3	Tbsp	Garlic	Minced
3	Tbsp	Kosher Salt	

EACH LOBSTER		TOTAL STEAMING TIME (For TWO - Add 1 Minute for Winter Lobsters)	
1	Pound	7 Minutes	
1 1/4	Pounds	8 Minutes	
1 1/2	Pounds	11 Minutes	
1 3/4	Pounds	13 Minutes	
2	Pounds	17 Minutes	
EACH	1/4 Lb +	2 Minutes Additional	

## PREPARATION

<b>FACTOID</b>	<p>You can place the Live Lobsters on their backs uncovered in the freezer for 15 minutes. This dulls their senses enough so dropping them into the boiling water hurts as little as possible (I'm not certain how we know that, but.....).</p> <p>You can also alternately kill them by placing the point of your Chef's Knife between their eyes with the sharp edge towards their nose and stabbing downward into a cutting board. If you don't care, simply drop them head first into the boiling water. If you DO kill them though, you MUST cook them within 10 minutes of their death.</p>
<b>HINTS</b>	<p>There are two ways to tell if a lobster is cooked properly: 1) Small spots will appear on the top of the Claws. 2) The only SHUREFIRE method for telling if a <u>whole</u> Lobster is cooked correctly is to lay the boiled Lobster on it's back. Push an instant read thermometer into the Tail Meat between the body and the first set of tiny feet on the Tail. (Push it in until it hits the shell on the other side and pull it back 1/2 way). The properly cooked temperature should read 145 degrees.</p>
<b>TOOLS</b>	<p>1) Large Stock Pot With Raised Rack &amp; Lid 2) Instant Read Thermometer</p>
<b>PREP</b>	<p><b>DISH</b> 1) Mince the Garlic Cloves and set them aside.</p>
<b>1</b>	<p>In the stock pot over high heat, add all ingredients (1/2 of the Rosemary, Thyme and Parsley) except for the Lobsters, cover and bring it to a boil.</p>

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<b>2</b>	Add 2 of the Lobsters on a rack positioned just above the boiling water and spices, cover and return it to a boil - once boiling, steam according to the weight table above. Set the Lobsters aside, add in the remaining Herbs and a little more water if necessary. Steam the remaining 2 Lobsters. Remove from the heat, add the first 2 Lobsters back into the pot, cover and allow them to set undisturbed for 20 minutes. Test for doneness.
<b>HINTS</b>	If you intend to end up stuffing the Lobster, subtract 5 minutes from the total over-heat steaming time - The Lobsters should be just beginning to turn red at this time - Do not let them set undisturbed for the 20 minutes. See Recipe: Seafood - Stuffed Broiled Whole Lobster.
<b>SERVE</b>	Remove the Claw, Knuckle and Tail Meat from the shells and serve IMMEDIATELY - or - Serve each Lobster whole with cracking tools for each person.
<b>REHEAT</b>	<p><b>Oven reheating:</b> Slow, but it does a good job of preserving your Lobster's fresh flavors. Simply slide your Lobster in a roasting pan, drop some Butter in the bottom of the pan, and cover with foil. Bake at 350 until a meat thermometer reads 145 degrees (about 10 minutes).</p> <p><b>Saucepan Reheating:</b> If you have out-of-shell meat, it's hard to beat a simple stovetop reheat. Simply toss the meat in some extra Butter and saute covered on medium heat until hot (about 2 minutes).</p> <p><b>Microwave Reheating:</b> This is probably my least favorite way to reheat Lobster because of the toll it takes on the meat's texture, but if you're in a hurry, go for it. If your Lobster is still in the shell, give it 2 to 3 minutes of microwave time. If the meat is out-of-shell, it'll only need 1 to 2 minutes.</p>