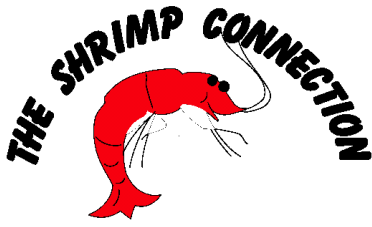


# Cooking Lobster Tails



Slow-thaw your frozen lobster tails before you plan to cook them. Take your lobster tails out of the freezer the night before. Place them in a bowl in your refrigerator.

DO NOT overcook. The color of the meat will turn from translucent to white (Internal temperature of 145°F).

Your tails may be covered in ice or frost.. Don't worry your tails are NOT freezer burned. The light glazing helps protect and preserve the tails. Once thawed, be sure to give your tails a good rinse before cooking.

Is your tail red or pinkish in color? There is no difference in the taste or quality of the meat. It is simply a tail from a female lobster.

## Boil Lobster Tails

Drop tails in a large kettle of boiling water, when water boils again, lower and cook:

L 6-7 oz.: 5-6 minutes.

XL 8-10 oz.: 6-8 minutes

XL 16-20 oz.:10 minutes

XXL:20-24 oz.:10-12

## Steam Lobster Tails

Add 2 inches of water and bring to a boil. Once boiling, add tails, and cover lid tightly. Bring to a re-boil and steam for:

L: 6-7 oz: 6-8 minutes.

XL:8-10 oz.: 8-10 minutes

XXL:16-20 oz.: 10-12 minutes

XXXL: 20-24 oz.: 10-12

## Broil or Grill Lobster Tails

Cut or split tails down the middle with kitchen shears or a sharp knife and brush with butter and place on a well-greased grill or rack. Cook for:

L: 6-7 oz.: 6-8 minutes.

XL:8-10 oz.: 8-10 minutes

XXL:16-20 oz.: 10-12 minutes

XXXL: 20-24 oz.: 10-12