

## Lobster



### Seafood Safe Handling Tips

- When shopping, purchase seafood last and keep it cold during the trip home.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot, soapy water.

### Buying and Storing Tips

- Live lobster should have some leg movement and curl its tail when handled.
- Refrigerate live lobster at a constant 41 degrees in a breathable container. Do not store directly on ice.
- Whole lobster or tails should have a mild sea breeze aroma, firm flesh and tightly adhering shells free of black spots.
- Store fresh lobster in the refrigerator at 32 degrees and use within two days. Freeze lobster at 0 degrees for up to six months. Thaw frozen lobster in the refrigerator or under cold running water.

### Cooking Tips

- Cooked lobster tail meat should be opaque, plump and moist with a mild sea breeze aroma.
- Boiled lobster: Place in boiling salted water and simmer for 12 to 15 minutes. For tails only, simmer for 5 to 10 minutes depending on size.
- Grilled lobster: Brush tail meat with olive oil and place on grill, meat side down, for 5-6 minutes per side.
- To remove tail meat from raw whole lobster: Break tail section away from the body. Cut through the underside of tail shell with kitchen shears. Pull shell apart from top to fan tip and remove meat. Remove the sand vein with a shallow cut along the top of the meat.

### How Much to Buy

- Whole in the shell: 1 pound per serving
- 1 pound cooked meat yields 4 servings
- 1 pound whole lobster yields 1/3 pound cooked meat.

Spiny lobster (*Panulirus argus*) is a crustacean related to crabs, shrimp, crayfish and the Spanish lobster. Spiny lobster has numerous spines on the body, two large hooked horns over the eyes, a pair of long, jointed antennae and five pairs of walking legs but no claws. The shell on the body and tail has mottled coloring of yellow, brown, orange and blue markings but it turns a bright red-orange when the lobster is cooked. Florida spiny lobster is commercially harvested off the southern tip of Florida and the Florida Keys. It is caught live using special traps set at depths of 6 to 300 feet. Its diet consists of clams, snails, seaweed and small marine organisms.

Glazing Florida Lobster: Frozen lobster is “glazed” with a thin coat of ice and packaged in plastic to protect the meat from dehydration and freezer burn. The net weight listed on the packaging must be the “unglazed” weight of the product. For weighing purposes, the product should be rinsed only long enough to remove the glaze. If the glaze is excessive and you are charged lobster price for excess ice, it is mislabeled.

Nutritional Value Per Serving: For approximately 4 ounces (114 grams) of raw, edible portions: Calories 113, Calories From Fat 15, Total Fat 2g, Saturated Fat 0g, Trans Fatty Acid 0, Cholesterol 80mg, Total Carbohydrates 3g, Protein 23g, Omega 3 Fatty Acid 0.45g

Mislabeled seafood is illegal. If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please contact the Florida Department of Agriculture and Consumer Services at (850) 617-7280.

Always ask for Florida seafood and look for the “Fresh From Florida” logo.

[FreshFromFlorida.com/Seafood](http://FreshFromFlorida.com/Seafood)



DACS-P-01439  
Rev. 04-2016

Florida Department of  
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## Florida Lobster with Tomato-Herb Penne Pasta

### Ingredients

- 1 Pound lobster tail meat, cooked
- 3 Tablespoons olive oil
- 1 Medium onion, minced
- 2 Cloves garlic, minced
- 1 (28-ounce) can Italian-style tomatoes, drained and diced
- ½ Cup clam juice or fish stock
- 1 Tablespoon red wine vinegar
- 2 Tablespoons fresh basil, minced
- ¾ Teaspoon fresh oregano, minced
- ¾ Teaspoon fresh thyme, minced
- ¾ Teaspoon fresh rosemary, minced
- ¼ Teaspoon cayenne pepper
- ⅓ Cup heavy cream
- Sea salt and fresh ground pepper to taste
- 1 Pound penne pasta

### Preparation

Cut lobster tail meat into bite-size pieces. In a large saucepan, heat oil over medium heat; add onion and garlic and sauté 10 minutes until onion is soft.

Add tomatoes, clam juice, vinegar, herbs and cayenne; bring to boil. Reduce heat and simmer 5-8 minutes. Slowly stir cream into the sauce; add lobster pieces and simmer 20 minutes.

Season to taste with salt and pepper. Cook pasta in boiling salted water until just tender; drain and return to pot. Pour the lobster sauce over and toss to coat.

### Yield

6 servings

## Sweet Cream Butter Broiled Florida Spiny Lobster Tails

### Ingredients

- 4 6-to-9-ounce spiny lobster tails, split open in the shell
- ¼ Stick unsalted butter, softened at room temperature
- Sea salt and fresh ground pepper to taste
- Fresh lemon

### Preparation

Preheat oven broiler on medium high. Place all four of the lobsters on a cookie sheet, and make sure they are opened up down the middle. Evenly spread the softened butter over each of the lobster tails meat. Lightly season each lobster tail with salt and pepper. Place lobsters in the oven on the middle rack under the broiler. Let lobster cook under the broiler for about 7 minutes or until just barely cooked throughout. Remove lobsters from oven and let cool slightly. Serve lobster tails warm with fresh lemon.

### Yield

4 servings

## Grilled Spiny Florida Lobster Tail

### Ingredients

- ½ Cup butter, softened
- ¼ Cup olive oil
- 2 Large shallots, peeled and quartered
- 4 Cloves garlic, peeled and halved
- 1 Teaspoon cayenne pepper
- Sea salt and fresh ground pepper to taste
- 4 Whole spiny lobster, split in half lengthwise

### Preparation

Combine first 6 ingredients in processor and blend until almost smooth. Spread 1 heaping teaspoon seasoned butter over each lobster tail.

In a small saucepan melt remaining seasoned butter; keep warm. Grill lobster tails, shell side down, 6 minutes.

Turn over and grill until meat is just opaque in center, about 2 minutes. Serve with melted butter.

### Yield

4 servings