2014 Cooking Guide

Time to create an experience.

LobsterGram.com  1.800.548.3562
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from our shore to your door...

All Lobster Gram lobsters are fresh Grade “A” Hard-shell lobsters, the pick of the catch - so that you receive only the finest quality lobsters available. Here at our Maine Distribution Center, we’ve packed your lobsters with great care so they will arrive alive - guaranteed. Occasionally the long journey from shore to door may leave the lobsters somewhat sluggish or motionless, though this is no cause for concern. See page 32 for our lobster sustainability!

If you have any questions about your lobsters or your Lobster Gram package, call 1-800-LIVE-LOB (1-800-548-3562), or visit the FAQ page of our website at www.LobsterGram.com. For more about how to prepare your lobsters today - please read on. Enjoy your Lobster Gram experience! - Dan "The Lobster Man"

how to baby-sit your live lobsters

Do not put your live lobsters in tap water prior to cooking. This will literally drown them and make them very unhappy and dead. It also means don’t add ice cubes!!

You must cook your Lobster Gram live lobsters the day you receive them, as well as any fresh clams or mussels you may have received. Also, never freeze a live lobster! Fresh Catch fish and seafood can be refrigerated for 2 days, or frozen.

Please leave the lobsters in their reusable cooler until dinner - as long as the box and cooler arrive intact and the package is not placed next to a heat source. It’s okay to open up the cooler to have a look at the contents inside, but replace the cooler lid tightly when you are done.

If you can’t enjoy your live lobster feast tonight, please read the section in this cooking manual cleverly titled “What To Do If You Can’t Enjoy Your Live Lobsters Tonight”, on page 5, or call us to speak with a manager.

Enjoy! Not everyone is lucky enough to receive a Lobster Gram. If for some reason you are not completely satisfied, call our Lobster Consultants as soon as possible at 1-800-LIVE-LOB (1-800-548-3562) or send an email to: customerservice@livelo.com. We want everyone who receives a Lobster Gram to be happy!

Customer Service Hours (subject to change):
Mon. - Thurs 9am - 6pm, Fri. 9 am - 5pm ET
or visit the FAQ section of our website 24/7!

LobsterGram.com 1.800.548.3562
Congratulations! You are the proud recipient of a Lobster Gram® live Maine lobster gift package! To ensure your ultimate gratification, please follow each step carefully. If you’re a little more adventurous - try one of our lobster recipes, or you have other seafood, please refer to the Table Of Contents for preparation tips.

- Dan "The Lobster Man"

**STEP 1 - Beverage selection.** Your Lobster Gram consultants believe any quality beverage will complement your lobster beautifully. If you’re looking for just the right wine, check out our expert wine recommendations later in this Cooking Manual. Please drink and cook responsibly!

**STEP 2 - Choice of companion.** This is the perfect opportunity to invite that special person to share your Lobster Gram with you.

**STEP 3 - Setting up.** Fill a stock pot with enough water to cover the lobsters, but don’t put them in yet! Bring water to a strong boil. **TIP:** Don’t add salt to accelerate the boiling - it may cause an over-boil all over your stove. Several customers have recommended massaging the backs of the lobsters to put them in a trance. This will relax their muscles and make them play possum. Try it, if you like.

**STEP 4 - Accompaniments.** While waiting for the water to boil, get crackin’ on any other seafood dishes, soups or side dishes you are including in your feast. Red potatoes and corn on the cob make tasty, traditional lobster partners, as well as blueberry pie for dessert.

**STEP 5 - Getting down to business.** Secure the bib around your clavicle region. Fortify yourself with a swig of your chosen beverage. You are now about to become an expert Lobster Gram lobster cooker!

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how to boil live lobsters

STEP 6 - Taking the plunge. Firmly grasp the lobsters behind their arms and carefully plunge them head-first into the boiling water. Cover the pot with a lid, and don’t worry - lobsters can’t scream because they don’t have any vocal cords. This is an old wives tale - sometimes there is a whistling sound when air escapes from their shell! However, be careful of their tails splashing water and of over-boils.

STEP 7 - It’s Cooking Time! When the water returns to a full boil, start timing your lobsters and reduce your heat to maintain a soft boil, uncovered for the remainder of the time.

(For higher altitude, you may need to add one minute to the listed cooking time. First check your lobster for doneness; if not done put back in water for one-minute intervals until cooked).

<table>
<thead>
<tr>
<th>Lobster Size</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb. lobster</td>
<td>9 - 10 minutes</td>
</tr>
<tr>
<td>1 1/4 lb. lobster</td>
<td>10 - 11 minutes</td>
</tr>
<tr>
<td>1 1/2 lb. lobster</td>
<td>11 - 12 minutes</td>
</tr>
<tr>
<td>2 lb. lobster</td>
<td>12 - 13 minutes</td>
</tr>
<tr>
<td>3 lb. + Super Jumbo</td>
<td>15 - 16 minutes</td>
</tr>
</tbody>
</table>

STEP 8 - Final preparations. While munching on veggies, slice a lemon into quarters. Melt some butter over very low heat (add some minced garlic, if you like). Set the table with a tablecloth, napkins and candle. Last, but not least, for that ultimate elegant touch, light the candle and take a swig of your beverage.

STEP 9 - BZZZZZ. Hold everything! Stop whatever you’re doing! Your lobsters are done cooking and you’re ready for - you guessed it - STEP 10!

STEP 10 - Lobster removal. Fish your lobsters from the pot with tongs or any handy utensil, and place them on a plate. They should be deep red to pink in color. Be very careful - those crustaceans are hot! You may want to use some rubber kitchen gloves at first to handle them.

NOTE: Don’t dump your water until you’re sure your lobsters are done!

STEP 11 - Not for the faint of heart. Lobster lovers, this is where you get to show off your fine motor skills. Twist off the entire arm from the body and remove the rubber bands from the claws.
how to boil live lobsters

STEP 12 - It’s cracker time. With your shell cracker (or any good nutcracker or pliers will do), crack open the claws and joints, and push out the meat with your fork. Careful! Hot water may spill out of the shell when you crack it. (If you have our Super-Jumbo 3 lb. lobsters: on a strong table or flat surface lay out some newspapers and place the claws on top. Put a hot mitt on top of the claw, then give it a good whack or two with a heavy mallet or hammer. That should crack the shell!)

STEP 13 - Getting to the meat of the matter. Break off the tail section from the body at the mid-section and rinse off the innards (the greenish substance you may see is called the “tomalley” or liver).

Now is also the perfect opportunity to Check for Doneness. All the tail meat should appear firm and completely white. If there is any sign of translucent grayish color or the roe (see Step 14), is still black & shiny, it is not done. Throw your tail back in boiling water for one-minute intervals until done.

STEP 14 - Don’t quit yet. Next, crack off the flippers from the tail as shown. If you see red in the tail section, this is the “roe” or lobster caviar, which obviously, only the females have. It is quite tasty and sells for hundreds of dollars per pound!

STEP 15 - A fork in the road. Using a seafood fork, push out the meat from the tail, or cut through the shell with kitchen scissors. At last! You are ready to eat!

STEP 16 - Seasonings. Squeeze some lemon on a chunk of lobster and plunge it into the warm butter (or vice versa). Yummm!! You may be surprised by the firm texture and succulent sweet flavor of a Maine lobster, which makes it a worldwide favorite. Hope it becomes yours too!

STEP 17 - The Final Frontier. As with all great things, your Lobster Gram meal will eventually come to an end. If you’re looking for one last morsel, break off the legs and suck out the meat. After this, sadly, there is no more lobster.

We’d love to hear from you. Post feedback to our Social pages or Yelp, and add Product Reviews online at the new and improved LobsterGram.com!

Nutritional Information (3.5 oz. serving, Maine Lobster raw): calories 90, calories from fat 8.1, protein 18.8 g, fat 0.9 g, saturated fat 0, sodium 253 mg, cholesterol 95 mg, Omega-3 0.2 g.
what to do if you can’t enjoy your live lobsters tonight

**COOK** your lobsters according to the directions in Steps 3 - 10.

**DON’T** crack out the meat yet. After your lobsters are boiled, remove from the water, immerse or run under cold water until cool, drain and put them in a resealable plastic bag in the refrigerator. Freeze if not using within a day or two, but don’t freeze for more than one week - the longer they are frozen the less tasty the meat becomes. Be sure to thaw frozen lobsters in the refrigerator for at least 24-36 hours before reheating them.

**WHEN** you are ready to enjoy your lobsters, remove them from the fridge. Feel free to enjoy them cold since they are already fully cooked. But if you prefer warming them up, bring a pot of water to a full boil, then drop the lobsters in the pot. Heat through for 1-2 minutes, just long enough to warm up the lobster meat. Be careful to remove them promptly, so they don’t over cook!

**Mmmm!** Now you are ready to begin your gourmet lobster dining experience. Follow Steps 10 through 17 and enjoy!

### by size - lobster pot guide

<table>
<thead>
<tr>
<th>number of live lobsters you can fit per pot by size</th>
<th>12 qt. cooking pot</th>
<th>16 qt. cooking pot</th>
<th>21 qt. cooking pot</th>
<th>34 qt. cooking pot</th>
</tr>
</thead>
<tbody>
<tr>
<td>chicks (1 lb. lobsters)</td>
<td>2-6</td>
<td>7-10</td>
<td>11-14</td>
<td>15-24</td>
</tr>
<tr>
<td>quarters (1.25 lb. lobsters)</td>
<td>2-5</td>
<td>6-9</td>
<td>10-12</td>
<td>13-20</td>
</tr>
<tr>
<td>halves (1.5 lb. lobsters)</td>
<td>2-4</td>
<td>5-6</td>
<td>7-10</td>
<td>11-16</td>
</tr>
<tr>
<td>jumbos (2 lb. lobsters)</td>
<td>2</td>
<td>3-4</td>
<td>5-6</td>
<td>7-12</td>
</tr>
</tbody>
</table>

**NOTE:** If you don’t have a large enough pot, use two smaller pots. As long as you use the same amount of water in each pot, they should cook at the same rate. You can also cook the lobsters in batches if you only have one pot. The 12, 16, and 21 qt. pots are available for purchase. Our 19 qt. Steamer Pot is also available which includes the steamer base for perfectly steamed lobsters or crabs!
like a New Englander - steam your lobstah!

**Live Lobsters** - Steaming can tend to cook a live lobster unevenly, unless you have lots of experience, but if you want to make lobster like a true New Englander, here goes! Put about 2 inches of water in the bottom of a large kettle. Bring the water to a rolling boil. Put in the live lobsters one at a time and cover tightly with the lid. When it returns to a boil, set timer for 9 - 13 minutes. Check the tail meat for doneness (meat should be all white, no grayness). If not done, put back in pot for an extra minute or two. Times may vary.

**Fresh Frozen tails** - Add 1/2” water to a pot or skillet and bring to a boil. Lay your thawed tails flat on the bottom of the pot in the water, cover tightly with a lid and continue cooking over a low boil using the same cooking times as listed on page 7 for boiling. Turn tails over halfway through for more even cooking. Tails may curl during cooking. Bon Appétit! - Dan “The Lobster Man”

**a guide to lobster “stuff” by color**

Inside a lobster’s body lies many colorful and mysterious substances. Here is a quick guide to decipher everything.

**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 seen used in restaurants or at your local sushi bar. It’s quite delicious - try it if you’re feeling adventurous.

**Green Stuff** - The brownish-green substance is the tomalley or liver of the lobster. All lobsters have tomalley and you’ll discover it when you separate the tail from the body. Simply rinse it off before digging in, and you’ll be ready to enjoy your lobster.

**White Stuff** - Once a Lobster Gram lobster is cooked, you will always see thick whitish foamy stuff around the meat and in the cooking water. This is the protein, made from the lobster’s blood and other tissues, and can just be rinsed off. It’s completely normal and harmless, yet another sign that your lobsters are incredibly fresh!

**Pink Meat** - Occasionally Maine lobster tail meat will have a pinkish tint to it. This is NOT an indication that the meat has gone bad by any means! The color of the meat is usually an indication that you have received a female lobster that is either preparing to produce eggs, or just did. It has no effect on the quality or taste of the meat.
Thawing
The tails must be thawed prior to cooking. For best results, put the tails in their wrappers on a plate (to catch any juices), in the refrigerator the day before you plan to cook them. **Quick thaw method** - keep tails in sealed bags and soak in cold water 30-60 minutes, changing water once.

**Pick Your Preparation**
Below are the two easiest and most reliable ways to prepare your lobster tails, see page 6 for tips on steaming your lobster tails or page 8 for baking your tails. Whichever one you choose, rest assured, you are in for a memorable dining experience. Happy Cooking and Bon Appétit!

**Boiled Lobster Tails**
We have found the best way to get consistently perfect results is to boil your tails in water. First, fill a pot with enough water to cover your lobster tails, but don’t put them in yet! You may wish to add salt or other seasonings to the water, but it is not necessary for cooking. Bring your pot of 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 times below, and simmer uncovered for the remainder of the time.

<table>
<thead>
<tr>
<th>Tail Quantity</th>
<th>Tail Size</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - 12 tails</td>
<td>3 - 4 oz.</td>
<td>2 - 4 minutes</td>
</tr>
<tr>
<td>2 - 6 tails</td>
<td>4 - 6 oz.</td>
<td>3 - 4 minutes</td>
</tr>
<tr>
<td>2 - 6 tails</td>
<td>6 - 7 oz.</td>
<td>4 minutes</td>
</tr>
<tr>
<td>2 - 6 tails</td>
<td>8 - 12 oz.</td>
<td>5 - 6 minutes</td>
</tr>
<tr>
<td>2 - 6 tails</td>
<td>12 - 14 oz.</td>
<td>6-1/2 minutes</td>
</tr>
</tbody>
</table>

**Grilled Or Broiled Lobster Tails**
Insert a long metal skewer lengthwise in each tail to keep it from curling. Then we recommend parboiling before grilling. Drop the tails in a pot of boiling water. When the water returns to a soft boil, reduce heat, set timer for the instructed time and simmer uncovered for the remainder of the time. Remove the tails from the water.

Lay the tails on their back side, with the soft underneath side of the shell facing up. Take a knife and cut through the shell lengthwise down the middle. Prying the shell 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 for the time below or just until done.

<table>
<thead>
<tr>
<th>Tail Quantity</th>
<th>Tail Size</th>
<th>Par-boil Time</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - 12 tails</td>
<td>3 - 4 oz.</td>
<td>2 minutes</td>
<td>2 - 3 minutes</td>
</tr>
<tr>
<td>2 - 6 tails</td>
<td>4 - 6 oz.</td>
<td>2 minutes</td>
<td>2 - 3 minutes</td>
</tr>
<tr>
<td>2 - 6 tails</td>
<td>6 - 7 oz.</td>
<td>3 minutes</td>
<td>2 - 3 minutes</td>
</tr>
<tr>
<td>2 - 6 tails</td>
<td>8 - 12 oz.</td>
<td>5 minutes</td>
<td>3 - 4 minutes</td>
</tr>
<tr>
<td>2 - 6 tails</td>
<td>12 - 14 oz.</td>
<td>5-1/2 minutes</td>
<td>4 - 5 minutes</td>
</tr>
</tbody>
</table>

Not sure if your tails are done? Preparing our Giant Lobster Tails?
See page 9 for cooking instructions and “Doneness Tips”.

Fresh-frozen lobster tails
We offer various sizes, so please refer to the label on your box of tails for the weight of your lobster.
as seen on TV - baked lobster tails

When Dan “The Lobster Man” is showing off our gorgeous lobster tails on national TV, he knows how to make them look mouthwateringly perfect - and now so can you! It’s so easy, but dinner guests will think you spent hours preparing them. Don’t worry, the secret’s safe with us!

NOTE: Always use thawed tails (overnight in the fridge or place frozen tails in cool water for 60 minutes, changing water halfway through).

STEP 1 - Preheat your oven to 425°. Do NOT use convection oven settings. Prep your thawed tails with kitchen scissors or a very sharp knife, cut lengthwise through the top of the lobster shell. Note: When cutting the shell, you will also be cutting through the meat, which is okay - this butterflies the meat for you and makes a very nice presentation. If you wish to remove the digestive tract (the dark line that runs along the length of the tail), this is a good time to do that as well.

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.

STEPS 3A&B - Separate the meat from the shell using your fingers. Starting at the flipper end, carefully move forward and loosen the meat from sides and bottom of shell, but leave the meat attached at the flipper end. Rinse to remove any shell fragments.

STEPS 4A&B - Lift meat through the cut shell opening and lay on top of shell. Voila - you did it!

Place the tails in a baking pan and add 1/4” water to the bottom of the pan. This adds moisture to the tails as it bakes. 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 of lobster tail. For example, a 6-7 oz. lobster tail would bake for 6-7 minutes. The longer they are baked, the firmer the meat will be, so be careful not to over cook to avoid a tough tail. Serve immediately with lemon wedges. Get ready for a 5-Star restaurant dinner in your own home!!
fresh-frozen GIANT lobster tails

GIANT lobster tails weigh an impressive 20 ounces or more per tail!! Don’t worry about their size affecting their tenderness - when cooked correctly they are just as tender as smaller tails.

IMPORTANT - you must completely thaw your Giant lobster tails prior to cooking, in order for your tail to cook properly and be as delicious as possible!

Boiling GIANT Lobster Tails

First fill a pot with enough water to cover your lobster tails (but don’t put them in yet), and bring to a boil. You may wish to add salt or other seasonings to the water, but it is not necessary for cooking.

In the meantime, use a sharp knife to cut lengthwise down the softer underneath side of the shell to split the tail down the middle. This is the key for the perfect Giant tail! It allows the thick inner part of the tail meat to cook faster, preventing the outer meat from being overcooked.

When the water comes to a rolling boil, put in the tails. After the water returns to a soft boil, reduce your heat, set your timer for 7-9 minutes (for 20-24 oz. tails), 9-11 minutes (for 28-32 oz. tails), or 11-13 minutes (for 32-36 oz. tails) and simmer uncovered for the remainder of the time.

When your timer goes off, keep your heat on and remove the tails from the water using tongs. Test for doneness (see below), and turn off your heat when your tails are done. Take pictures & enjoy!

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. Take a knife and cut through the shell lengthwise down the middle. Drop the tails in a pot of boiling water. When the water returns to a soft boil, reduce heat, set a timer for 7 minutes and simmer uncovered for the remainder of the time. Remove the tails from the water.

Prying the shell 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 for 3-4 minutes (for 20-24 oz. tails), 4-5 minutes (for 28-32 oz. tails), or 5-6 minutes (for 32-36 oz. tails) or just until done - don’t over cook!

Doneness Tips: To judge doneness remove all tails from the water, but you only need to test one. Use a knife to cut through the shell into the thickest part of the tail meat. If it appears completely white with no sign of translucent grayish color, then it is done. If it still has some translucency or the roe (eggs), still appears black & shiny, put the tail back in the water a minute or two until done. Remember, it is better to undercook your lobster and put it back in if necessary, than to over-cook it!

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maine lobster seafood bake

This ingenious lobster and seafood extravaganza is packaged so that you can bake it in your oven or even on the grill to add that fire-licked smoky flavor. Amazing how easy it is - and clean up is a cinch as it all cooks in a disposable/recyclable aluminum tray!

**Cooking Instructions:** Thaw in refrigerator for 6 hours or overnight. Pre-heat 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:** Pre-heat 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! Gluten Free.

littleneck clams - 3 ways*

**Fresh Clams:** **Steam** - Put 1/2 inch of water in a large sauce pan. Bring the water to a boil, and add the clams. Cook for around 4 minutes. After they open their shells, let them cook about one more minute. Enjoy!

**Boil** - You may go ahead and cook your clams right in their mesh bag. Gently drop the clams in the bag in your boiling lobster water, with the lobsters if there is room. If not, cook the clams first - they don’t take long. The outer clams will open within a minute or two. Once they do, cook for one minute longer. Then with a long handled fork or tongs, remove the bag, cut open and carefully pour the clams into a strainer. Done!

**Frozen Clams (prepare from frozen):** **Reheat in bag** - Place bag in boiling water, approximately 6-8 minutes. Cut bag and pour out opened clams and juice. **Reheat out of bag** - Cut bag and remove clams. Steam or sauté until clams open, approximately 6-8 minutes. **Reheat in microwave** - Cut small slit in bag. Place bag in a shallow dish in the microwave with slit facing up. Microwave on High until clams open, about 5-7 minutes.

**Garlic Wine Clams (prepare from frozen):** **Steam Bake in bag** - Place bag in oven-safe pan, FLAT SIDE UP. Set oven to 375°. Cook for 40-45 minutes. Remove from oven and let rest for 5 minutes. Carefully peel open bag and pour contents into a large plate or bowl. Discard any unopened shellfish and serve immediately.
Prince Edward Island mussels - 3 ways*

*Some fresh clams or mussels may be open upon arrival. This is okay, they are only trying to breathe. 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 in the refrigerator for up to one day, covered with the moist pad that came in your cooler.

**Fresh Mussels:** **Steam** - 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. Steam for 3-5 minutes in an inch of liquid: water, wine, tomato sauce, etc., until just after they open their shell. Some mussels may have a beard, the membrane that stores sand and grit. The beard is easily removed by pulling it away from the meat. Save the clear cooking juices. Serve mussels over pasta or in bowls with bread on the side to soak up the juice. Or use the juice as a base to make soup or sauce.

**Frozen Mussels (prepare from frozen):** **Reheat in bag:** Place bag in boiling water, approximately 6-8 minutes. Cut bag and pour out opened mussels and juice. **Reheat out of bag:** Cut bag and remove mussels. Steam or sauté until mussels open, approximately 6-8 minutes. **Reheat in microwave:** Cut small slit in bag. Place bag in a shallow dish in the microwave with slit facing up. Microwave on High until mussels open, about 5-7 minutes.

**Beer Steamed Mussels (prepare from frozen):** **Steam Bake in bag** - Place bag in oven-safe pan, FLAT SIDE UP. Set oven to 375˚. Cook for 40-45 minutes. Remove from oven and let rest for 5 minutes. Carefully peel open bag and pour contents into a large plate or bowl. Discard any unopened shellfish and serve immediately.

Garlic Wine Clams  
Beer Steamed Mussels

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fresh-frozen seafood

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
1. 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.
2. 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.
3. 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”).
4. 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.
5. 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.

Jonah Crab Meat - fresh (not frozen)
Our fresh Jonah Crabmeat is fully cooked and picked, and ready to use in your favorite crabmeat recipe. Please keep refrigerated and use within 4 days of receipt. If you must, it is acceptable to freeze in the unopened container for up to two weeks.

King Crab - pre-cooked & frozen
If still frozen, thawing first in the refrigerator is recommended. Then, soak them in cold water for at least 30 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 cold for a fancy crab cocktail with some lemons and cocktail sauce!

Lobster or Snow Crab Claws - pre-cooked & frozen
If still frozen, thawing first in the refrigerator is recommended. Then rinse under cold water, drain, arrange and serve a beautiful lobster or crab cocktail! The lobster claws are pre-scored, so use them for easier cracking using shell or nut crackers. For the Snow Crab claws, using your teeth, gently bite the crabmeat and pull. The meat will slide off the shell. Good enough to make a meal out of it if you’re not careful!

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 & enjoy! 1-1/2 cups of meat is approximately equal to 1/2 lb. of cooked lobster meat.
Halibut & Swordfish Fillets - fresh frozen

Halibut and Swordfish share similar characteristics in taste and texture, and cooking techniques are the same. Both are a hearty fish with flavorful meat that is slightly sweet and very firm. Excellent for grilling, broiling or baking. Grill or broil 1-inch thick fillets about 6 inches from moderate coals (or broiler flame) about 4 minutes per side. Watch for the meat in the thickest part to turn a solid opaque white when done and it will flake easily with a fork.

If baking, preheat oven to 400°. Using your favorite marinade (we like olive oil, lemon juice, garlic, oregano & basil), allow to marinate for 30 minutes. Bake for 10-15 minutes and check for doneness as mentioned above.

Salmon Fillets - fresh frozen

Salmon puts you in the pink with vitamins, minerals and a healthy dose of the omega-3 oils thought to prevent arterial diseases. One pound of fillets will serve two to three people.

Prepare this wonderfully versatile fish in a variety of ways. It’s excellent for broiling or grilling because it won’t dry out too much with its abundance of natural oils. Grill or broil 1 inch thick fillets about 6 inches from moderate coals (or broiler flame) about 4 minutes per side. Watch for the meat to turn color when done - from dark pink or red to a lighter pastel opaque color, and the meat flakes easily. As soon as it does, stop cooking and serve!

Sea Scallops - fresh frozen or “Fresh Catch”

So tender and sweet, enjoy this classic shellfish with a good white wine and crisp salad. These are fabulous seared, with the inside slightly underdone which preserves its delicate juiciness. Enjoy Fresh Catch Scallops within 3 days or freeze for up to 3 months. To Sear: Rinse fresh or thawed scallops and dry on paper towels. Cook in a sauté pan in olive oil over high heat just 3-4 minutes per side.

To Broil: Rinse fresh or thawed scallops and dry on paper towels. Line broiler pan bottom with foil and spray with non-stick cooking spray. Arrange on bottom of broiler pan, brush with melted butter and lemon juice, sprinkle with salt and pepper. Broil 5-7 minutes until golden brown.

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. Use them as an appetizer or entreé, but you may have trouble sharing!

Tuna Fillets - fresh frozen

This thick hearty fish is excellent for grilling, baking or broiling. Marinating tuna for 30 minutes to 1 hour adds and enhances the natural flavors. Low sodium soy or teriyaki sauces mixed with canola oil, lemon juice, fresh ginger and garlic - always makes a fail-safe marinade. Grill or bake allowing 10 minutes per inch of thickness.


**prepping steaks & chops**

**Storing:** We think the best way to enjoy your steaks is as soon as possible after they have arrived. This ensures optimal freshness and quality. If this is not possible, then we have these recommendations for their storage:

- If steaks are still frozen and in original packaging, simply insert in a sealable plastic bag, date and freeze for up to 3 months.
- If steaks are thawed but still cold to the touch, they should be stored in the refrigerator on a plate and prepared within 2 days.

**Thawing:** Be sure to safely thaw any frozen meat prior to cooking, so that they cook more evenly. When it comes to thawing, there are definitely some really good and some really bad techniques. If you follow these tips, you’ll be thawing just like a pro.

**The Fridge** - If you have time, simply put the meat on a plate in the refrigerator the day before you will be cooking them; 24-36 hours is enough.

**H₂O** - If you’re in a crunch for time, the packaged meat can be placed in a plastic sealable bag and thawed by submerging it in cool water, about 1 hour depending on size.

**Micro-No-No** - You may be tempted to use your microwave to thaw your meat, but don’t do it! The result will be less than desirable.

**Aging Is Good (at least for steaks):** After thawing, your steaks may have a dark reddish-brown color due to the aging process. We age all your steaks a minimum of 21 days in a temperature controlled cooler, set just above 32° F. This creates the perfect environment to break down the natural fat and gristle molecules in the meat. It’s what makes our beef so melt-in-your-mouth tender and more flavorful than non-aged steaks.
Pick your fire: Whether you’re a die-hard charcoal grill fan or prefer the fast ‘n’ easy gas grill - excellent results can be had by all. Oven broilers work well too, if the weather isn’t cooperating for outdoor cooking. Timing may vary slightly between methods due to differences in the fire intensity, wind, weather and even placement on the grill. TIPS: Build your fire or set your grill for medium high heat and KEEP THE LID ON!! For oven broiling, make sure to leave the food 3” from the heat.

Special seasonings: Our steaks are so flavorful they don’t need any steak sauce! The best way to add a little zing to your meat is to use a marinade which enhances the natural flavor. Here are a few ways the folks here at Lobster Gram recommend!
- 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 the chips 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 is ready, at a medium-high heat preferably. Now it is time to cook your steaks to perfection! Use a spatula or tongs to move your filets. A fork will pierce the meat and the natural juices will dribble out, which dries out your filets and makes your taste buds very unhappy.

Now, place the steaks on the grill. If one person likes his or her filet cooked more, then wait a few minutes to add the other one so they will be ready at the same time. Timing is everything! NOTE: If your steak is very thick, feel free to butterfly it into two 1” thick pieces (to speed up the cooking time), and follow the cooking times for that 1” thickness.

Let the steaks cook on one side - for about 2 minutes, then use your tongs to turn them over. What you are doing is searing the juices of the meat in. This little trick will produce juicier steaks, and makes you look like a great cook! Be sure to subtract these 2 minutes from the total time your steaks are on the grill, if using our timing chart as a guide.
cooking steaks & chops

**Just minutes away.** The times below are some general estimates of how long it will take to cook your steaks. Remember, times will vary depending on cooking method, grill temperature, wind, and atmosphere, so be sure to check your steaks regularly. It depends on personal taste of course, but we do not recommend the well-done method which saps all the juiciness and flavor from the meat.

**Give them a rest.** We recommend letting your steaks take a nap after tolerating all that heat! 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 yummy juices will lock themselves inside, right where you want them - rather than running out all over your plate!

<table>
<thead>
<tr>
<th>Dan’s cooking chart - minutes per side:</th>
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<tbody>
<tr>
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</tr>
<tr>
<td>1” thick</td>
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<tr>
<td>1” - 1.5” thick</td>
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<tr>
<td>1.5” - 2” thick</td>
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<tr>
<td>bone-in chops</td>
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<tr>
<td>internal temperature</td>
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</tbody>
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*Medium-Rare is recommended for all types of steaks and chops for best results.

**Reap the rewards.** It’s finally time to chow down! Cut a big hunk of steak and taste a truly gourmet cut of meat. Happy eating! After the ashes have cooled in the grill, they make great fertilizer for your garden. We hope you enjoyed your Lobster Gram steaks!

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American Kobe beef comes from Japanese Wagyu steers that have been brought to the U.S. and raised on a special diet that is free of hormones and antibiotics to create some of the world’s finest steaks. These flat-iron steaks have an exceptional butter flavor and a melt-in-your-mouth succulence.

**Flat Iron steak preparation** - Prepare your grill and set it to medium-high heat. Grill 5 minutes per side for medium-rare, or to desired doneness. Transfer steaks to serving plate, tent with foil and let 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.

**Try this marinade** - Whisk 4 Tbsp. Balsamic Vinegar, 2 Tbsp. low-sodium soy sauce, 2 Tbsp. Honey, 1 tsp. pepper, 1 tsp. cayenne, 1 Tbsp. fresh grated ginger, 1 tsp. Chinese 5 Spice, 1 cup orange juice, 2 Tbsp. grated orange peel and 2 Tbsp. olive oil. Pour into resealable plastic bag and add steaks. Refrigerate for 1 hour, turning occasionally. Grill or broil to taste!

**More than your average burger**

We have offered steak burgers for a long time, but when we tried both of these amazing steak burgers, made from real Prime steaks, we knew we could never go back. The almost velvety texture and rich flavor will surpass any other burger experience you’ve ever had. These are so good, you will actually want to enjoy them with a bold red wine or your favorite brewski. We have to warn you - addiction is inevitable.

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 pg. 14.

**Grill** - on medium-high heat for 4-5 minutes per side or until done.

**Pan Fry** - in a heavy skillet preheated to medium-high heat for 8-10 minutes or until done.
easy heat & serve entrées

Lobster Puff Pastry

Refrigerate or freeze upon receipt. Refrigerated shelf-life is 4 days. Frozen shelf-life is 9 months. Thaw in refrigerator for 6-8 hours or overnight. Remove Lobster Puff Pastries from package and place on a baking sheet. Preheat oven to 425°F. Bake for 20-25 minutes until golden brown. Serve immediately. Do not microwave.

The following fabulous entrées below are prepared sous vide style. What is sous vide? Sous vide is a method of cooking that uses an airtight plastic bag placed in hot water to cook ingredients inside to an incredible tender, juicy, perfect result. These entrées are already braised prior to being sealed in their sous vide pouch. All you need to do is thaw overnight in the fridge, boil right in their pouch and serve with your favorite side.

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 boil and do not prepare from frozen.

Balsamic BBQ Pork Shank

Place thawed BBQ Pork Shank* in a pot of boiling water in the bag. Cook for 17-21 minutes, carefully pour contents from bag and serve.

Braised Boneless Beef Short Ribs

Place thawed Beef Short Ribs* in a pot of boiling water in the bag. Cook for 13-15 minutes, carefully pour contents from bag and serve.

Braised Duckling Leg Quarters with Tart Cherry Sauce

Place thawed Duckling Legs* in a pot of boiling water in the bag. Cook for 10-13 minutes, carefully pour contents from bag and serve.

Braised Pork Medallions with Porcini Mushroom Sauce

Place thawed Pork Medallions* in a pot of boiling water in the bag. Cook for 13-15 minutes, carefully pour contents from bag and serve.

*If cooking from frozen (except for butter-poached lobster tails), add 4-6 minutes to above cooking times.
amazing appetizers

Lobster Macaroni n’ Cheese Croquettes

Keep frozen until ready to cook unless deep frying. **Conventional Oven:** Preheat oven to 350°. Remove frozen Croquettes from packaging and place on baking sheet. Bake for 16 minutes, or until internal temperature is 165°F. **Deep Fry:** Thaw Croquettes before frying. Preheat oil to 375°F. Fry Croquettes for 3 - 3-1/2 minutes each.

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 skewers or 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, but if thawed reduce total cooking time. Remove film from tray. **Oven:** Preheat oven 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 Maryland-Style Premium Crab 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 top doesn’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.

![Seafood Cakes Image](image)

**Soups & Chowders**

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, dash of hot sauce or a hit of whiskey or brandy!
Coquilles St. Jacques
Thaw several hours in refrigerator or overnight. Alternate thawing method: Remove plastic wrap and microwave on defrost setting for 5 minutes. Pre-heat 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. Pre-heat 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. Serving Suggestions: 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 linguini, 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. Pre-heat 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.

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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 on the outer edges to avoid direct heat. Time for 20-30 minutes, turning 2-3 times. When done, remove the husk and silk very carefully (they will be very hot!), silk should slide off easily.

Grilling potatoes in foil works great too. Place washed potatoes in the center of the foil. Dot with butter or drizzle with olive oil. Sprinkle with salt and pepper and any other herbs that you prefer. Completely wrap with the foil, folding the edges like a packet. Place on a medium hot grill on the outer edges to avoid direct heat. Time for 45-50 minutes, turning packet over halfway through. Enjoy!!

great wine pairings

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 Fuisse)** - These un-oaked Chardonnays have great acidity and tones of citrus fruits that complement 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 Noirs 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.
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. Enjoy every chocolatey-gooey morsel!

Fruit Blossom Tarts (Apple or Berry)

*Microwave:* Remove outer wrapper and heat frozen blossom on microwave-safe serving plate. Microwave on High for 30-60 seconds until center is warm.

*Conventional Oven:* Preheat oven to 350°, remove outer wrapper and place blossoms on foil-lined baking sheet and heat 6-15 minutes until center is warm. We recommend serving with a scoop of vanilla ice cream or a dollop of whipped cream. Garnish Apple Blossom with warm caramel sauce or Berry Blossom with fresh berries.

Pineapple Upside-down Cake or Chocolate-Filled Chocolate Chip Cookie

*Microwave:* Remove outer wrapper and heat frozen cake or cookie on microwave-safe serving plate. Microwave on High for 30-60 seconds until center is warm. Immediately invert Pineapple Cake upside down onto serving plate to remove cake and discard cup.

*Conventional Oven:* Preheat oven to 350°, remove outer wrapper and place cake or cookie on foil-lined baking sheet and heat 6-15 minutes until center is warm. Immediately invert Pineapple Cake upside down onto serving plate to remove cake and discard cup. Serve with a scoop of vanilla ice cream or a dollop of whipped cream.

LOOKING FOR A RECIPE FROM A PREVIOUS ISSUE OF OUR COOKING MANUAL?

Check out our Recipe "Archives" at our NEW website - Go to LobsterGram.com > Learning Center > Recipes.

*Because a great recipe never goes out of style.*
lobster recipe

“All-In-One-Pot” Clambake Instructions

Dan the Lobster Man himself came up with this recipe to demonstrate how simple it is to cook our entire Maine Shore Clambake Gram in one pot and have everything come out perfectly done in only 20 minutes! It’s all just a matter of timing.

**STEP 1 -** Using the largest cooking pot you have, fill 1/2 full with water and bring to a boil.

**STEP 2 -** When water is at a full rolling boil, drop your potatoes directly into the water, replace the lid and set your timer for 10 minutes.

**STEP 3 -** Next, it is time to gently slip the live lobsters and chowder into the water. (We recommend you keep the rubber bands on the claws for safety reasons, but feel free to carefully remove them if you prefer.) Grasp the lobsters around their back, just behind the head to safely pick them up, and put them in the water head first. Follow them with the bag of clam chowder and replace the lid. Set your timer for 5 minutes.

**STEP 4 -** Then it is time for your fresh clams and corn! Our clams are packaged in a mesh bag perfect for cooking. Slide the bag of clams and the corn still in the husk, into the water. Replace the lid and set your timer for the final 5 minutes.

**STEP 5 -** When the timer goes off you are ready to remove everything at once from the cooking pot and place onto your serving dishes. Now you are ready to enjoy your “All-In-One-Pot” Clambake - dig in!!
“Perfect” Surf & Turf Timing Instructions

Pulling off the perfect meal of any kind is all about the timing. Particularly in the case of make an incredible Surf & Turf dinner with Lobster Gram lobsters and steaks - you want to make sure everything comes out exactly right without a hitch, right? We’re here to help! Follow along for your fret-free dining experience that everyone will remember.

STEP 1 - Using the largest cooking pot you have, fill 1/2 full with water and bring to a boil. Once you start your burner to boil your water, go ahead and get your grill lit for your steaks or chops. This way they should both be ready at approximately the same time.

STEP 2 - When water is at a full rolling boil, it is time to gently slip the live lobsters into the water. (We recommend you keep the rubber bands on the claws for safety reasons, but feel free to carefully remove them if you prefer.) Grasp the lobsters around their back, just behind the head to safely pick them up, and put them in the water head first. Once the water returns to a soft boil, set your timer for the recommended cooking time for your live lobster or lobster tails (see page 3 or 7 depending on what you are preparing).

STEP 3 - Once your lobster is cooking, put your meat on the grill and get it cooking. Set your timer according to the timing instructions on page 15 for your particular cut of steak or chop.

STEP 4 - Be aware of which timer goes off first so that each one gets removed from the heat at the appropriate time. Remember to tent your grilled steaks with foil and allow them 5 minutes to rest on a plate prior to carving. This allows the meat to re-absorb the juices, very important!

STEP 5 - Now have your melted butter ready to go - get that lobster cracked open, and slide a steak knife through that luscious meat and enjoy your perfect Surf & Turf feast!
**lobster recipe**

**Maine Lobster Rolls**

*We’ve found that lobster rolls are a very controversial topic with our customers. There are the lobster roll purists that say the only thing that belongs in a lobster roll is the lobster meat - plain and simple! But many others prefer a creamier presentation. One thing is for sure - you are only limited by your personal taste and creativity!*

**Classic Preparation:**

Mix fresh lobster meat with desired amount of mayonnaise, fresh ground pepper and combine. OR - Nix the mayo and just go for straight lobster meat with some melted clarified butter poured on top. OR (even better) - spread the insides of the bun with Crème fraîche for an added indulgence! Feel free to add a lettuce leaf to the bun. THE KEY for either one is the toasted bun!! Be sure to butter and toast the outside of your bun to a golden brown before adding the lobster meat. Pure lobster roll heaven!

*Here are a few suggestions you can try if feeling more adventurous.*

1 lb. (1-1/2 cups) cooked lobster meat, cut into chunks  
1/4 cup fresh chives, chopped  
1/2 cup celery, diced  
1 Tbsp. Dijon mustard  
1 Tsp. lemon juice  
1/3 cup mayonnaise (light is fine)  
1/3 cup sour cream  
2 Tbsp. lemon juice  
salt & pepper to taste

Combine all ingredients together and chill for 1-2 hours for flavors to develop. Right before serving, spread butter on inside of your lobster roll bun and toast in oven or skillet until golden brown. Fill with lobster salad filling and serve with chips, fries and a cold brewski, iced tea or lemonade for an authentic New England treat!

If you come up with any other versions - share them with us! Feel free to email us at customerservice@livelob.com, or post to our Facebook or Twitter pages!
Classic Broiled Lobster Tails Au Gratin

Back by popular demand, this classic yet simple method of preparing our lobster tails creates the ultimate, elegant presentation that will wow your guests. 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 8 of this manual for easy steps to butterfly the lobster tail, except you won’t be preheating the oven to bake (you will need to 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.
Butter Poached Maine Lobster Tails*

Try this trend-setting method of preparing your tails. The tail meat comes out incredibly tender and moist, with the sweet nutty flavor of butter blended with the savory hints from the vegetables.

1 stick of butter (8 Tbsp.)
1 small onion, peeled and chopped
1 stalk celery, chopped
1 small carrot, peeled and chopped
1 large shallot, peeled and chopped
2 cloves garlic, crushed
1 cup slightly sweet white wine, such as Riesling
1 cup chicken, fish or vegetable stock
Salt & cayenne pepper
Four 6-7 oz. thawed Maine lobster tails
1 Tbsp. fresh lemon juice, or to taste

Place 4 Tbsp. of the butter in a 12" skillet or saucepan and turn the heat to medium. When butter is melted, add the onion, celery, carrot, shallot and garlic. Cook, stirring until the vegetables soften, about 10 minutes. Add the wine, turn the heat to high, and reduce the mixture by about half. Add the stock and reduce again until about 2 cup of liquid remains. Strain, pressing on the solids to extract as much liquid as possible, and set aside. (This can be done a day in advance; refrigerate.)

Bring a pan (big enough to fit the tails) filled with an inch of water, to a boil and salt it well. Poach the tails in the shell for 2 minutes, and then remove. Run the tails under cold water; remove the meat from tails (along with any roe, which may still be black); the tails will still be pretty raw, which is how you want them. Cut into serving pieces. Rewarm the sauce (liquids only), add the lobster pieces to it and turn until cooked through and hot, 2 to 4 minutes. Transfer the lobster to a warm plate and stir in the remaining 4 Tbsp. butter into the sauce. Add the lemon juice, salt and cayenne to taste. Spoon over lobster and serve. Makes 4 servings.
Maine Lobster Corn Chowder*

This combination of flavors were meant to be together! The sweetness of lobster and fresh corn with the smokiness of bacon complement each other in a flavorful and creamy soup for a match made in culinary heaven.

Three 1.5 lb. cooked whole Maine lobsters
2 cloves fresh garlic
1 leek (white and green parts separated), sliced
1 c. dry white wine
9 c. water
4 slices thick-cut bacon, cut into a small dice
2 stalks of celery, diced
1 carrot, peeled and diced
salt and pepper to taste
3 potatoes, peeled and cut in 1/2” dice
3 ears fresh sweet corn, kernels removed
1 cup heavy cream
1 tsp. fresh lemon juice
2 Tbsp. each fresh chopped dill and chives

Holding lobsters over a colander with a bowl underneath to catch juices, remove the meat and cut into bite-size pieces.

In a large stock pot, combine empty shells, juices, garlic, green leek, wine and water. Bring to a full boil, then reduce heat and simmer for 40 minutes. Pour stock through a strainer into bowl and reserve.

Rinse and wipe your pot, place over medium heat, then add diced bacon. Cook for 3 minutes or until crisp. Add white leek, celery, carrot, salt and pepper. Cook 5 minutes, then add potatoes and stock. Simmer 15 minutes or until potatoes are tender. Add corn and simmer 3 more minutes, then add lobster and cream. When chowder starts to bubble at the edges, turn off heat. Stir in lemon juice and dill, season with salt and pepper to taste. Serves 6, great with fresh baked crusty bread!

*When you’re ready for someone else to do the cooking, keep in mind both of these delicious dishes are available (fully prepared - just heat and serve) from LobsterGram.com!
Sometimes there’s nothing like crunchy breading around a sweet, succulent morsel of seafood to really satisfy. We served ours with corn on the cob and a side salad to round out the meal.

1 lb. fresh Sea Scallops
salt and pepper
1/3 cup flour
2 Tbsp. cornstarch
2 eggs, beaten
1/2 cup seasoned bread crumbs
1/3 cup cornmeal
1/4 cup grated parmesan cheese
zest from 1 lemon
2 Tbsp. fresh parsley, chopped

vegetable or canola oil to cover bottom of pan

Thoroughly dry the scallops with paper towels, then sprinkle both sides of each scallop with salt and pepper to taste.

In shallow bowl, mix flour and cornstarch. Place beaten eggs in a second bowl. In a third bowl combine bread crumbs with cornmeal, parmesan cheese, lemon zest and parsley.

Dip scallops first in the flour mixture, then the egg mixture and finally in the bread crumb mixture, thoroughly coating with each.

In a large 12” heavy-bottom sauce pan, heat the oil until very hot. Cook scallops 4 minutes per side or until golden brown. Cook in batches if necessary, adding more oil if needed. Drain briefly on paper towel and serve hot, garnished with lemon wedges. Serves 4-6.
Pan-Seared Filet Mignon with Béarnaise Sauce

On occasion the weather is just not suited for grilling - or perhaps there just isn’t one handy. This recipe solves that issue with another great alternative for preparing delicious Filet Mignon steaks.

For Steaks
1 Tbsp. canola oil
Two 6 oz. Filet Mignon steaks

For Béarnaise sauce
1/4 c. finely chopped shallot
2 Tbsp. fresh tarragon, divided
1/4 c. dry white wine
1/4 c. white wine or Champagne vinegar
3 large egg yolks, room temperature
1/4 c. chilled unsalted butter, cut into 8 pieces
1/2 tsp. fresh lemon juice
1/2 tsp. each salt and fresh ground pepper

Preheat oven to 425 F. and oil two baking sheets.

Dry steaks with paper towel and sprinkle both sides with salt and pepper. In a heavy skillet, heat oil over moderately high heat (not smoking), and brown steaks on both sides, about 2-1/2 minutes per side. Transfer to a shallow baking pan and roast on middle rack of oven for about 10 minutes for medium-rare doneness.

Then, make your sauce. Bring shallot, tarragon, wine and vinegar to a boil in a small heavy saucepan, reduce to approximately 2 tablespoons, then press through a fine-mesh strainer set over a bowl. Gently whisk egg yolks into strained sauce liquids and cook, whisking constantly until yolks thicken slightly. Be careful not to overcook or you’ll have scrambled eggs! Whisk in butter pieces one at a time, adding each piece before the previous one has melted completely. Remove from heat and whisk in lemon juice, salt, pepper and other tablespoon tarragon. Serve filets promptly with sauce, makes 2 portions.
lobster sustainability & conservation

Lobster Gram’s Conservation Code of Conduct

*Working Towards Sustainable Lobster Fisheries and Lobster Fishing Communities*

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. Look for the above emblem on our site displaying all of our environmentally sustainable Lobster items!

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.
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