

How to Eat a Lobster

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You will need nutcrackers (or pliers), a small fork, nut pick, lobster bib and plenty of towels. Sometimes, the shell of a large lobster before molting may be so hard that you'll need a hammer to crack it, while after molting, the lobster's soft-shell is pliable and can be easily torn apart with a nutcracker.

2



Remove the large claws with a twist and crack open the shells. Holding the lobster in one hand, grab the tail with your other hand and bend the tail until it breaks free. Crack the tail at the end and use the small fork to push the meat out the large end. The meat from the cracked claws can also be pushed out with the fork or nut pick. The small legs can be removed with a twist and the meat removed either with the nut pick or simply squeezed out with one's teeth.

3



Use a knife to slice through the soft-shell on the underside of the lobster so the meat contained between the cartilages can be easily removed. Place the body with the shell facing up and pull on both sides of the cavity at the same time. The upper shell will break off, leaving you with the tender meat in the lobster's body. The nut pick can be used to remove this meat.

4



The green substance contained within the cavity is the lobster's liver (tomalley) and it is often enjoyed dipped into butter and spread on a cracker. The red roe (female lobster's eggs) are also edible.

The stomach sac found in the head behind the eyes, as well as the gills above the cartilage should be discarded.

A boiled lobster should be allowed to drain before serving. Pierce the underside of the lobster at the chest cavity or twist the tail from the body.

Lobster meat is delicious dipped into drawn butter. Some people enjoy it with just a squeeze of lemon. Fresh steamed or boiled New England lobster should never be overpowered with other ingredients. It is best served simply.

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