

BARBECUING LOBSTER:

The following suggestions are best used with fresh or defrosted raw lobster:



Firstly, split the lobster lengthways along the back [see how to split section] and discard liver/ tomalley if you don't want to use it.

If you don't want to use the tomalley, wash this out under a tap with the tail pointed up. This ensures the fresh water doesn't wash away the slightly salty taste of the meat.

Secondly, you can sprinkle sea salt on the lobster, add olive oil or butter if desired. Place lobster shell side down on the grill for around 5 minutes [depending on size of lobster]. Shell side down helps to retain the juices.

Thirdly, when the meat closer to the tail has turned white, but the meat near the centre is still slightly translucent, turn the lobster over [flesh side down] for a minute or two.

Turn the lobster over again, add olive oil or your desired sauce [such as herbed butter] and allow to warm through for a further minute or two.

i **BBQing tips:**

If you purchase frozen cooked lobsters, these can be "heated" through on the BBQ in a similar way. By adding some charring lines and a sauce – no one will know any different!

If BBQing lobster tails, these should be treated similarly to whole raw lobster, except cooking times are reduced slightly for the lower weight.

Like most seafood, don't add any sauces or flavouring to the flesh until most of the cooking has taken place.

SPLITTING A LOBSTER:

Splitting a lobster lengthways is often required prior to cooking [steaming or on a grill]. If splitting a fresh lobster, ensure you've followed the steps for humanely euthanising before attempting. If splitting a frozen lobster, you'll need to defrost it first.

1. Lay lobster belly down on cutting board and insert a large knife between the lobster tail and carapace [head] and press down firmly to split the head in half. Remove knife.
2. Re-insert the knife between the shell and carapace, this time with the blade facing toward the tail. Press down firmly to split the tail portion of the lobster and ensure the shell is cut entirely through.
3. Gently open the lobster, taking care not to separate the head from the tail. Using the liver [tomalley or mustard] is a personal choice, this can be washed away under a tap if you prefer not to use it.



i **Splitting tips:**

Only split fresh or raw lobster when you're ready to prepare/cook. Harmless oxidation of the meat can occur if you leave a split lobster in the fridge.



WHERE TO PURCHASE:

PERTH AREA

wacrays.com.au | [f](#) @gfcbrolos

GERALDTON AND MIDWEST

Brolos Fresh – Fisherman's Wharf, 70 Connell Rd Geraldton

[f](#) @brolosfresh



GERALDTON
FISHERMEN'S
CO-OPERATIVE

WEST AUSTRALIAN ROCK LOBSTER PREPARATION

TOP TIPS



DO	DON'T
Always cook in salt water	Don't overcook
Plan your preparation before you start	Don't leave fresh lobster at ambient temperature for too long
Wear sturdy kitchen gloves when handling lobster	Don't split lobster unless you're ready to prepare immediately
Larger lobster legs contain a lot of meat, make sure to use them in your dish	Don't drop fresh lobster into boiling water
If you still have questions, don't hesitate to reach out – we're here to help.	Don't lose your head. Lobster heads contain plenty of flavour, they can be frozen and used in a seafood stock.

FROZEN LOBSTER PREPARATION:

Only defrost lobster when you are ready to prepare or cook. Lobster that has been thawed too long may discolour slightly [this is harmless oxidisation of the flesh].

Properly stored lobster can stay in the freezer for 6 or more months.

Defrost in a sink of cool water: For smaller sized lobster, you only need to leave in a sink of cool water for around 30 minutes.

LIVE LOBSTER HANDLING:

Keep transport time to a minimum. The ideal temperature for lobster storage out of water is around 14 degrees.

Avoid dropping, shaking or opening packaging and disturbing lobster until you are ready to prepare.

Live lobster might become active when you open packaging. Always wear sturdy kitchen gloves, face lobster away from your person and keep away from children. Prepare or euthanise lobster within a few hours of purchase.



HUMANELY DISPATCHING LOBSTER:

There are two stages to stunning a lobster humanely that are recommended by the RSPCA.

Stage 1; Stun the lobster in either an ice slurry or chilling in air:

- 1) Chilling in a saltwater ice slurry [at a ratio of 3:1 giving a consistency of wet cement] at a temperature around -1C for at least 20 minutes or until there is no sign of movement. Larger lobster may need longer. This can be done in a sink or esky.
- 2) Chilling in air by placing the product into a freezer or chiller section of your fridge for at least 20 minutes [longer for larger lobster] or until there is no sign of movement. The temperature must be at no more than 4 degrees.

Now the lobster is stunned and showing signs of insensibility, they should be mechanically dispatched asap.

Stage 2; Place lobster on a flat surface [lobster belly facing down] and using a sharp knife split the lobster from head to tail along the midline. Depending on the size of the lobster/ knife, you may want to attempt this in two motions – from just behind the head, slicing forwards and from behind the head slicing backwards.

Search for the RSPCA's Knowledge Base online for more information on how to humanely euthanise crustaceans.



BOILING OR STEAMING YOUR LOBSTER:

Steaming or boiling your lobster is ideal for raw lobster, either fresh or frozen raw. Boiling and steaming time depends on the lobster weight and your equipment:

STEAMING	BOILING IN SALT WATER [-17 GM SEA SALT PER 1 LITRE]
~400 grams = 10 - 12 mins	~400 grams = 8 - 10 mins
~500 grams = 12 - 14 mins	~500 grams = 10 - 12 mins
~600 + grams = 14 - 17 mins	~600+ grams = 12 - 15 mins

When steaming or boiling, the meat will change from translucent to white when cooked and the shell will turn bright red.

Like most seafood, it's preferred you undercook lobsters a little and then rest them a few minutes before serving. Seafood will continue to cook after being removed from the heat.



i Lobster tails:

Boiling or steaming raw lobster tails is very similar to whole lobster, except cook times are reduced for the lower weight. For ~200-gram tails, boil or steam your lobster for 6 - 8 minutes or until the translucent meat has turned white.

i Steaming tips:

Depending on the size of your steamer, you may need to split the lobster before placing in the steamer.

For something a little bit different, try infusing the water in your steam with a dash of wine, white vinegar or pinch of salt.

i Boiling tips:

If serving lobster cold [e.g. salad], after cooking plunge the lobster into an ice slurry or chiller section of your fridge to arrest the cooking process.