

BOILED LOBSTER, WHOLE

Yield 100

Portion 16 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
76 cal	1 g	16 g	0 g	56 mg	930 mg	56 mg

Ingredient

WATER,BOILING

SALT

LOBSTER,WHOLE,FROZEN

BAY LEAF,WHOLE,DRIED

PARSLEY,FRESH,BUNCH,CHOPPED

Weight

58-1/2 lbs

5-3/4 oz

100 lbs

1/8 oz

8 oz

Measure

7 gal

1/2 cup 1 tbsp

3 lf

3-3/4 cup

Issue

8-3/8 oz

Method

- 1 Plunge the first batch, about 25 lobsters, individually into steam-jacketed kettle of fast boiling water. Water should cover lobsters. Add salt and bay leaves to water, if desired.
- 2 Cover kettle. Bring water to a boil; reduce heat; simmer 15 minutes or until lobsters turn a brilliant red. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Remove lobsters.
- 3 Follow Steps 1 and 2 for remaining batches. Replenish water as needed to ensure lobsters are covered.
- 4 TO PREPARE FOR SERVING: Place lobster on back. Using a sharp knife, make quick incision at the mouth; draw knife quickly down entire length of body and tail. Be careful not to break the stomach or lady, a small sac just back of the head.
- 5 Spread the body flat. Remove, with your hand, the black colored intestinal vein which runs from the head to the tail; throw away. Remove and discard the lobster's stomach or lady and the spongy tissue. Leave the green liver and the red coral roe, if any.
- 6 Crack claws with a mallet.

Notes

- 1 Cook lobsters in batches of 25.
- 2 If using fresh, live lobsters, be sure each lobster is alive. When picked up, if the tail is stretched out flat, it should snap back.
- 3 Garnish with parsley.
- 4 Lobsters may be steamed. Steam lobster for 6 to 8 minutes in a 5 pound PSI steamer or for 4 to 6 minutes in a 15 pound PSI steamer. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.