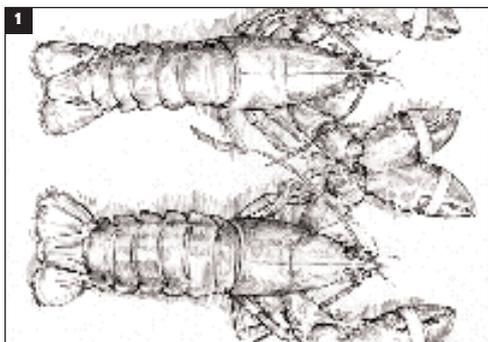


How to Prepare Lobster

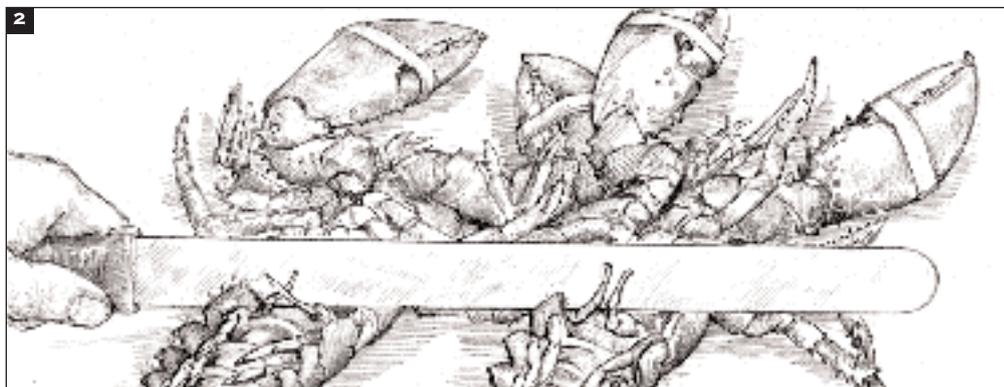


Everything you need to know to select, prepare, and eat lobster.

TELLING MALE FROM FEMALE

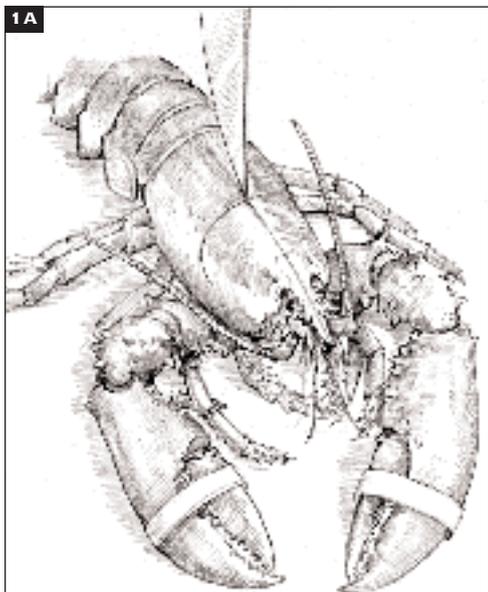


1. Female lobsters (bottom) have a greater meat-to-shell ratio than males (top), and may contain coral, or roe, which is delicious and can be used in sauces. From the back, the female usually has a broader tail.



2. Lobsters can be sexed more reliably from the front, by looking at their “swimmerets,” the little claw-like appendages at the top of the tail. The males’ (right) are hard, and may even resemble small claws; the females’ are softer and often smaller.

TO PREPARE FOR GRILLING OR BROILING



1A. To quickly kill a lobster before grilling or broiling, use a sharp 10- or 12-inch chef’s knife. Place the point of the knife right at the cross-hatch in the middle of the top of the lobster’s body.



2A. Insert the knife straight into the lobster, cut an inch or so towards the tail, then turn the knife and cut straight up through the head.



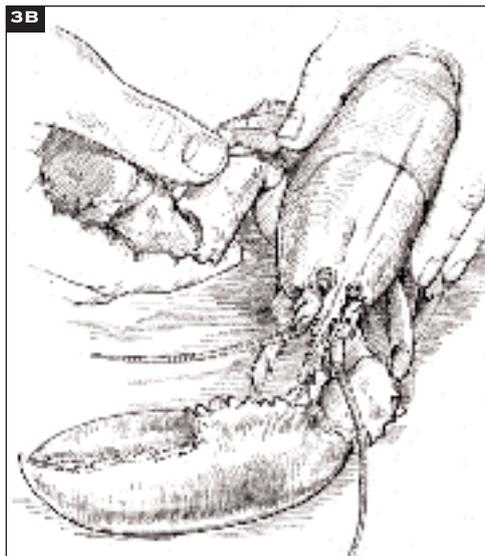
3A. Cut all the way through the head, then cut all the way back through the tail.



4A. This is what a lobster looks like cut in half. Remove and discard the watery head sac (top left) and the long, thin intestine (top right) with a knife; each must be removed from both halves.



5A. The pale green tomalley (liver) can be removed with a spoon, and should be reserved for sauces. Note the long strip of coral above the tail meat. This can also be used in sauces, or left in the lobster; it turns coral-colored when cooked.

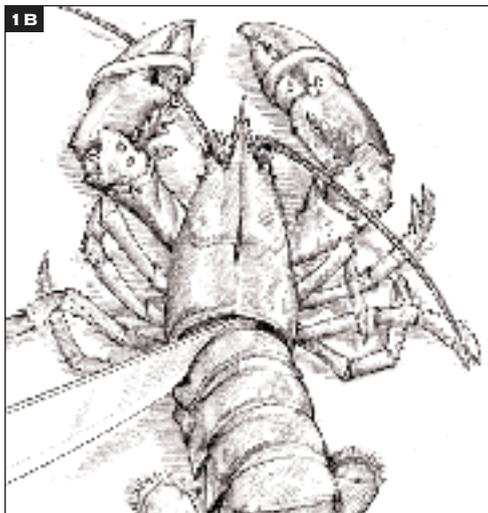


3B. Remove the claws from raw or cooked lobster by twisting them where they join the body. Crack them as you would after cooking.

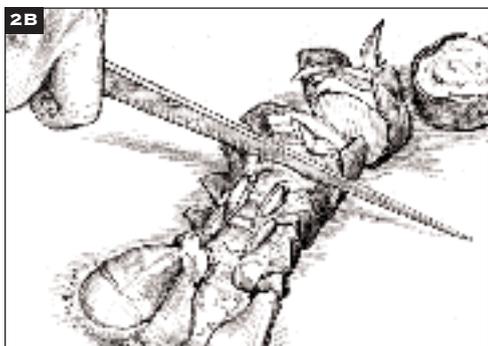


3C. Cut a small lengthwise slit in the center of the back of the tail and remove the pinkish intestine.

TO PREPARE FOR SAUTÉING OR STIR-FRYING



1B. For stir-frying or sautéing, you will want to remove the claws and crack them, and to remove the tail and section it. To remove the tail, insert the point of a chef's knife into the gap between tail and body, and pry and cut simultaneously. It will come off easily.

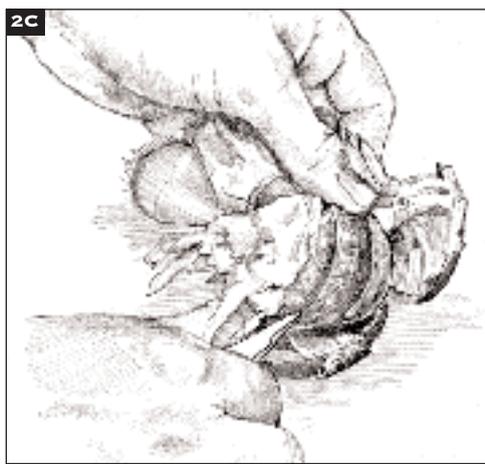


2B. Cut the tail into 3/4- to 1-inch sections, cutting from the underside.

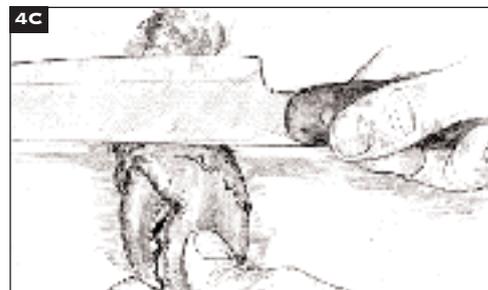
TO EAT BOILED LOBSTER



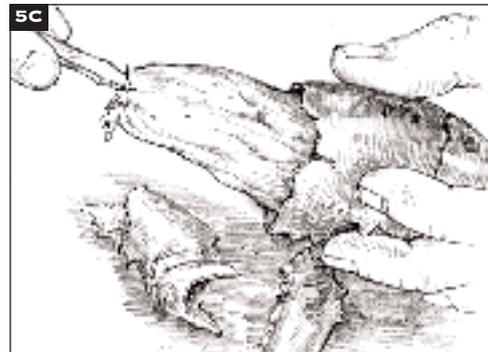
1C. First cut a hole in the top of the head by inserting a sharp knife at the crosshatch. Hold the lobster upside down to drain excess water. Twist off the tail, lay it on its side, and crush the shell with the heel of your hand.



2C. Twist and break the shell to free the tail meat; it will come out cleanly.



4C. Remove the claws (see illustration 3B). Crack the claws with a couple of sharp blows with the back of a heavy knife. Break them in half.



5C. Remove meat from the claws with a skewer or small fork; it should come out cleanly.



6C. On larger lobsters, there is plenty of meat in the small legs attached to the body. Twist them off, break them in half, and push the meat out with a skewer or small metal pick. ■