

Lobster, American (*Homarus americanus*)



COMMON NAMES

American, Maine or Canadian Lobster

SEASONAL AVAILABILITY

Year-round; 80% of New England's lobsters are taken from July through October; availability diminishes March and July

PRIMARY PRODUCT FORMS

Live

Fresh: Cooked Claw, Knuckle Meat, Picked Meat

Frozen: Whole-cooked, Cooked Claw, Knuckle Meat, Tails, Tail Medallions, Claws

Value-added: Canned Meat, Stuffed Tails, Frozen Entrees

PRODUCT PROFILE



COOKING TIPS

Lobster cooking is very subjective, but sound arguments can be made for steaming (gentle heat), boiling (to seal in flavor) and even baking. For 1-1/4 pound lobsters, cook approximately 12–15 minutes; for larger specimens, cook about 17 minutes.

COOKING METHODS

- | | | |
|--|---|---|
| <input checked="" type="checkbox"/> BAKE | <input checked="" type="checkbox"/> GRILL | <input type="checkbox"/> SMOKE |
| <input type="checkbox"/> BROIL | <input type="checkbox"/> POACH | <input checked="" type="checkbox"/> STEAM |
| <input type="checkbox"/> FRY | <input type="checkbox"/> SAUTÉ | <input checked="" type="checkbox"/> BOIL |

DID YOU KNOW...

...live lobsters can live for up to 24 hours in your refrigerator or cooler? Simply keep them moist with wet paper towels or newspaper at 33–40° F—they will suffocate when immersed in water or ice. Found throughout the North Atlantic, American lobsters are harvested in mesh traps from depths of 15 to 1,000 feet. They can range in size from “chickens” (1–1/8 pounds) to “jumbos” (more than 3-1/2 pounds). Regardless of size, consider banding their claws...even the little ones pack a mighty pinch.

GLOBAL SUPPLY



NUTRITIONAL FACTS

Serving size: 100 g/3.5 oz.

AMOUNT PER SERVING

Calories	90
Fat Calories	8.1
Total Fat	0.9 g
Saturated Fat	0.2 g
Cholesterol	95 mg
Sodium	296 mg
Protein	19 g
Omega-3	0 mg

If it swims we have it.

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