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Cooking Lobster at Home

By Richard Massey

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Lobster has always be one of those extravagant meals which few people ever try because of the high cost. With restaurants paying thirty dollars a pound, by the time they put their markup on it, you're easily paying sixty dollars for a ten ounce tail. This high cost leaves lobster dinners for the well-to do or at least only for special occasions. But, this doesn't have to be. With more and more retail store offering lobster, you can create a romantic dinner for two at a reasonable price. If you buy two eight ounce tails for thirty dollars, that's only fifteen dollars a person. Add a starch and vegetable and it's still cheaper than going out to dinner and having steak or even chicken. Turn the lights down low, add a candle and ship the kid's off to grandma's house.

Cooking lobster is relatively easy. There are hundred's of recipes on the internet or in books. The simplest way is to split the shell down the top, pull the meat out of the shell about 90% of the way and lay it on top of the shell. Place in a pan with a little water and cover with foil (do not let the foil touch the lobster). Cook at 350 degrees until the meat turns white (around 140 F) then baste with butter and season with salt and pepper. As with any food, avoid the temptation to overcook it. When overcooked the lobster meat will become tough and less appealing.

About Lobster

Lobsters are ten legged arthropods, meaning they have no backbone. The lobster creates its skeleton on the outside in the form of a shell with joint appendages. There are two major types of lobster on the market. Maine also called Canadian or American lobster and spiny sometimes call rock lobster.

The Maine lobster inhabits the cold waters of the Atlantic in the area of Canada and the northeast United States. This lobster has two claws, one claw very large and flat, while the other is smaller and thinner. These lobster take up to seven years to reach one pound and average about one to three pounds when harvested. The Maine lobster is sold live or already cooked and usually the meat used in mixed dishes or dishes like lobster thermador

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The spiny lobster is a clawless warmwater variety, which are actually large seagoing crayfish. There are 49 species of spiny lobster which swim the world's warm waters. Because the tail is the only real edible part of the spiny lobster, it is usually sold frozen as a lobster tail. The spiny lobster found off Florida, Brazil and the Caribbean are called "warmwater tails", while those found off South Africa, New Zealand and Australia are marketed as "coldwater tails". The coldwater variety of spiny lobster is considered superior and favored among restaurants.

Cooking lobster at home can be a delicious alternative to going out. Why not give it a try?

Chef Richard has worked for some of the top fine dining restaurants in the United States and is the author of the ebook "Chef's Special". You can find free recipes, informative articles and order the ebook at

Crab Stuffed Salmon with Lobster Sauce

By Richard Massey

I served this dish at an event I catered and people are still talking about it a year later. The lobster base used in the sauce can be found at stores offering specialty foods or you can order it off the internet. If you're really ambitious, you could also make your own lobster stock and reduce it. Using it in place of the clam juice. Then chop up the lobster and use it in the sauce and stuffing. I hope you enjoy this recipe.

Serves 6

6 cuts Salmon (5–6oz fillet cut)

Crab stuffing

Lobster sauce

Cut a pocket in the side of the salmon large enough for the crab stuffing. Gently place the crab stuffing in the pocket evenly.

Place salmon in a baking pan and bake salmon at 350° F for approx. 15 minutes or until the internal temperature is 140° F. Place on plates or serving tray. Ladle lobster sauce over the top.

Crab Stuffing 4 oz. Dungeness crab 3 Tbsp Butter ¼ c. Onion ¼ c. Bell pepper 1 ea. Egg 1 tsp. Dijon mustard dash Worcestershire pinch Pepper pinch Salt ½ c. Bread crumbs

Sauté peppers and onions over medium high heat in the butter until tender. Then cool

Whip the egg then add mustard, Worcestershire, salt, pepper, bread crumb and sauté vegetables. Mix in crab until well combined and refrigerate until ready to stuff the salmon.

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Lobster Sauce 2 Tbsp. Butter 1/3 c. Onion, yellow – minced 1/2 c. Clam juice 2 tsp. Lobster base (you can find this in gourmet or specialty stores in the soup section) 3 c. Heavy cream 1/4 tsp. White pepper

Melt butter in sauce pot, over medium heat. Add onions and cook until translucent. Add clam juice, lobster base, cream and white pepper. Bring to a boil. Reduce heat and simmer to a medium sauce consistency.

Chef Richard has served in some of the finest restaurants in Washington State and is the author of the

ebook "Chef's Special". You can find more free recipes and order the ebook at

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