

## Nova Scotia Lobster Stir-Fry

1 can (11.3 oz./ 320 g) Nova Scotia frozen lobster meat  
or 2 cups (500 mL) fresh lobster meat  
1 lb. (500 g) spinach fettucini  
2 Tbsp. (25 mL) olive oil  
1/2 cup (125 mL) lobster juice \*  
1/4 cup (60 mL) heavy cream\*\*  
2 tsp. (10 mL) cornstarch  
1/4 cup (60 mL) olive oil  
1/2 tsp. (2 mL) mustard seed  
1 tsp. (5 mL) minced garlic  
1 red pepper, finely chopped  
1 cup (250 mL) sliced fresh mushrooms  
2 Tbsp. (25 mL) lemon juice  
1/4 cup (60 mL) chopped, fresh parsley

Defrost lobster in refrigerator overnight; drain, reserving lobster juice. Remove whole claws for garnish. Cut remaining lobster in chunks. Cook fettucini according to package directions; drain. Toss with olive oil and keep warm. Combine lobster juice and cream. Stir in cornstarch with fork. Set aside until needed, stirring again immediately before adding to main dish. Heat oil until smoking in a wok or large frying pan with cover. Add mustard seed and immediately cover, as seeds pop vigorously. Shake pan for 20–30 seconds or until popping ceases. Lower heat, add garlic and sauté for 1 minute. Add red pepper, mushrooms, and lemon juice; stir-fry for 2 minutes. Add parsley, lobster, and lobster juice mixture; stir gently until lobster is heated through. Spoon over fettucini and decorate with lobster claws.

Makes approx. 4–6 main course servings.

\*Or use fish stock or chicken broth.

\*\*For a lighter dish, milk or yoghurt may be substituted for cream, or cream may be omitted.

## Baked Lobster Buoys

1 cup (250 mL) Nova Scotia lobster meat  
1/4 cup (60 mL) chopped green pepper  
1/4 cup (60 mL) chopped onion  
1 cup (250 mL) chopped celery  
1 tsp. (5 mL) Worcestershire sauce  
1/2 tsp. (2 mL) salt (opt.)  
1/4 tsp. (1 mL) pepper  
1 cup (250 mL) mayonnaise  
1 pkg. 3-in. (7.5-cm) frozen tart shells (255 g)  
1 cup (250 mL) buttered bread crumbs

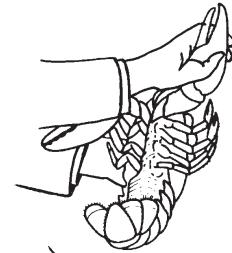
Cut lobster into small bite-size pieces. In a medium bowl, combine green pepper, onion, celery, Worcestershire sauce, seasonings, and mayonnaise; stir lightly. Fold in lobster. Store in refrigerator. Thaw frozen tart shells at room temperature for 10 to 15 minutes; separate. Fill 12 shells with lobster mixture and top with buttered crumbs. Place on baking sheet in 350° F (180°C) oven for 30 minutes or until pastry is brown.  
Makes approx. 12 appetizer servings.

## Nutritional Values

Today, consumers value the nutritional content of the foods they eat. Lobster contains healthy amounts of iron, zinc, calcium, and iodine, as well as vitamins A, B, and B<sub>6</sub>. It also has no saturated fat and is low in cholesterol and calories. In fact, a 3.5-ounce (100-g) serving of boiled lobster meat contains—protein 20.5 g; cholesterol 72 mg; fat 0.6 g; sodium 380 mg; potassium 352 mg; energy 93 calories. Lobster makes an excellent menu choice.

## How to Eat

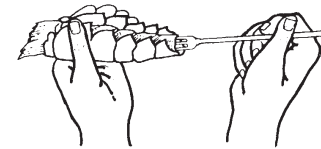
- 1 Twist off the claws. Crack each claw with a nutcracker and remove with a small fork or lobster pick.



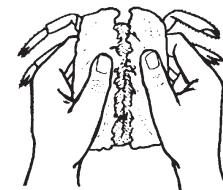
- 2 Separate the tail from the body by arching the back until it cracks. Bend back and break off the tail flippers.



- 3 Insert a fork and push the tail meat out in one piece. Remove and discard the black vein that runs the entire length of the tail meat.



- 4 Open the body by cracking it apart sideways. This will expose four small pockets of meat where the small walking legs are attached, as well as the green tomalley or red roe. The small walking legs or claws contain some of the sweetest meat, which can be removed by sucking on the ends of the legs.



## FOR FURTHER INFORMATION CONTACT:

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**NOVA SCOTIA**  
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# NOVA SCOTIA LOBSTER

BUYING AND STORAGE TIPS  
AND GREAT-TASTING RECIPES



## Lobster Is the King of Seafood

In Nova Scotia, lobster is the most important species in our multi-million dollar seafood industry. The rich meat of the lobster dipped in butter is the basis of many a Nova Scotian feast. Whether served in posh surroundings or on a newspaper-covered kitchen table, Nova Scotia lobster is a true taste sensation.

## Buying Lobster

Live lobster should show movement, and the tail should spring back when straightened. They may range in colour from mottled green to blue. Shells should be hard and thick, indicating the meat-to-shell ratio is good. Lobsters may tire between purchase and time of cooking; however, they should be alive prior to cooking. Cooked lobster should have a bright red colour and a fresh aroma. The tail section should be tightly curled and return to this position when straightened. If you plan to use fresh lobster in a recipe, you may remove the meat from the shell. A 1-pound (500-g) lobster contains approximately 3–4 ounces (100–125 g) of meat. It takes 5.5 ounces (160 g) of meat to yield 1 cup (250 mL). An 11.3-oz. (320-g) can of frozen lobster yields approximately 2 cups (500 mL) of cooked lobster meat.

## Storing Lobster

To properly store live lobster put in the refrigerator and cover with a damp cloth or newspaper. They will live easily for 12–24 hours in this environment. Do not immerse lobster in fresh water or allow to sit in melted ice. Cooked lobster may also be kept under refrigeration at 40°F (5°C) for up to 2 days.

To freeze a cooked lobster in the shell, place lobster on its back to prevent juice loss and store in an airtight freezer bag or container. Keep frozen at 0°F (−18°C) for up to two months.

To freeze cooked, shelled lobster meat, cover with a brine solution—2 tsp. (10 mL) salt to each 1 cup (250 mL) water—leaving a 1/2 inch (1.2 cm) headspace. Seal tightly and freeze immediately. To thaw, allow 15–18 hours in the refrigerator, or microwave on DEFROST for 10–14 minutes per pound (500 g).

The safest way to thaw frozen canned lobster meat is to place the unopened can in cold water in the refrigerator. Allow 2 hours per pound (500 g) for thawing. Once thawed, open immediately. DO NOT THAW in warm water or at room temperature.

## Cooking Live Lobster

Boiling is the simplest and most traditional method of cooking lobster. Fill a large pot with enough salt water to cover lobster (1 Tbsp./ 15 mL of table salt per 1 quart/ 1 L of water). Bring water to a boil. Grasp the lobster by the back with your hand or tongs and plunge it head first into the boiling water. Cover. Once water has returned to a boil, start counting the cooking time. Cook 12 minutes for the first pound (500 g) and 4 minutes for each additional pound (500 g). Lobster is cooked when antennae separate easily from head. Remove immediately from boiling water; serve warm or cool quickly under cold running water. Undercooking the female lobster can result in a black oil-like substance being found in the body cavity. This is actually the undercooked roe and can be avoided by following the above cooking directions. Lobster may also be prepared in the microwave. Place a 1–1 1/2 lb (500–700 g) lobster in a 9”x13” (3 L) oblong baking dish with 1/4 cup (50 mL) water. Cover the lobster with plastic wrap, folding one corner back. Microwave on HIGH for 9–12 minutes until cooked.

## Lobster Terrine

1 can (11.3 oz./ 320 g) Nova Scotia frozen lobster meat or 2 cups (500 mL) fresh lobster meat  
1/2 lb. (250 g) scallops  
1/3 cup (75 mL) heavy cream  
1 egg white  
1 Tbsp. (15 mL) chopped green onion  
1 Tbsp. (15 mL) chopped fresh dill  
1/4 tsp. (1 mL) cayenne pepper  
1/4 tsp. (1mL) nutmeg

### Sauce:

1/2 cup (125 mL) lobster juice  
1/2 cup (125 mL) heavy cream  
1 tsp. (5 mL) ketchup or tomato paste (opt.)  
1/2 tsp. (2 mL) chopped fresh dill  
1 Tbsp. (15 mL) sherry  
2 tsp. (10 mL) cornstarch  
Juices from finished cooked terrine

Preheat oven to 400°F (200°C). Grease an individual loaf pan or any oven-proof 3-cup (750-mL) baking dish. Thaw lobster in refrigerator overnight; drain, reserving juice. Set aside lobster claws for garnish. Finely chop remaining lobster and divide into two portions: larger portion—1 cup (250 mL); smaller portion—1/2 cup (125 mL). Place claws and smaller portion in refrigerator until needed. In a food processor, purée scallops, cream, egg white, green onion, dill, pepper, and nutmeg. Add the larger portion of lobster meat and purée until smooth. Place one-half of the smaller portion of lobster meat on the bottom of loaf pan and cover with half of the puréed lobster mixture. Place remaining lobster meat lengthwise down the centre of loaf pan. Cover with remaining lobster purée mixture. Place loaf pan in larger pan containing 1 inch (2.5 cm) of water. Poach uncovered for 20 minutes. Turn oven off and let terrine sit in oven for an additional 10 minutes. Remove from oven and carefully drain off any cooking juices, saving them for sauce. Place in refrigerator to cool. When cold, cover exposed surface with plastic wrap. To serve, cut in six slices and garnish with sauce and lobster claws. Decorate with sprigs of fresh dill. Prepare sauce by combining all ingredients except cornstarch in a small saucepan. Don't forget cooking juices. Ketchup or tomato paste is optional as it is used only to give sauce colour. Cook over moderate heat; stirring constantly until hot. Add cornstarch and continue cooking and stirring until sauce thickens slightly. Remove from heat and cool in refrigerator. Stir well before serving. Makes approx. 6 appetizer servings complete with sauce and claw garnish.

## Lobster Pot

1 can (11.3 oz./ 320 g) Nova Scotia frozen lobster meat or 2 cups (500 mL) fresh lobster meat  
1 loaf round unsliced pumpernickel bread  
1 package (8 oz./ 250 g) light cream cheese  
1 cup (250 mL) light sour cream  
1 tsp. (5 mL) Worcestershire sauce  
1/2 tsp. (2 mL) Tabasco sauce  
1/2 tsp. (2 mL) minced garlic  
2 cups (500 mL) grated cheddar cheese  
1/2 cup (125 mL) chopped green onion  
Dash salt and pepper

Thaw lobster in refrigerator overnight; drain and cut into bite-size pieces. Hold in refrigerator. Slice the top off the loaf of bread. Scoop out the inside of the bread, leaving a 1-inch (2.5-cm) layer all around the outside and bottom of loaf. Reserve bread, cut into cubes, for dipping. Preheat oven to 350°F (180° C). In a large bowl, cream the softened cream cheese. Add sour cream,Worcestershire sauce, Tabasco sauce, and garlic; mix well. Fold in grated cheddar cheese, green onion, and salt and pepper. Fold in lobster. Fill bread shell with lobster mixture. Place top on bread loaf and wrap in foil. Place on cookie sheet and bake for 70 minutes, until mixture is thoroughly heated. Serve with bread cubes, crackers, or cut-up fresh vegetables. Makes approx. 8–10 appetizer servings. Note: This lobster mixture may be baked in a covered casserole if bread is not available; kaiser rolls may substituted for individual entrees.

## Lobster Elegance

1 can (11.3 oz./ 320 g) Nova Scotia frozen lobster meat or 2 cups (500 mL) fresh lobster meat  
2 Tbsp. (25 mL) melted butter  
2 Tbsp. (25 mL) flour  
1/4 tsp. (1 mL) dry mustard  
1 tsp. (5 mL) salt  
1 tsp. (5 mL) sugar  
1 cup (250 mL) lobster juice \*  
1 cup (250 mL) light sour cream or plain yoghurt  
1/4 cup sherry (60 mL)  
2 cups (500 mL) cooked long-grain rice  
1 cup (250 mL) croutons  
1 cup (250 mL) grated cheddar cheese

Thaw lobster in refrigerator overnight; drain, reserving juice. Cut lobster in bite-size pieces, removing any cartilage in claws. Store in refrigerator. Melt butter in a saucepan over low heat. Whisk in flour, mustard, salt, and sugar. Gradually add lobster juice, sour cream, and sherry, stirring constantly to make a smooth thickened sauce. Add lobster and stir gently. Remove from heat. Evenly cover the bottom of a 9 x 13 inch (3L) greased casserole with cooked rice. Cover evenly with creamed lobster mixture. Top with croutons and cheese. Bake at 400° F (200°C) for 15 minutes. Makes approx. 8 main course servings.  
\* Or use chicken stock or water.

## Lobster Louis

1 can 11.3 oz./ 320 g) Nova Scotia frozen lobster meat or 2 cups (500 mL) fresh lobster meat  
3 hard-cooked eggs  
2 tomatoes  
1 medium lettuce

### Dressing:

3/4 cup (200 mL) mayonnaise  
1/4 cup (60 mL) chili sauce  
1/4 cup (60 mL) heavy cream  
1/4 cup (60 mL) chopped green pepper  
1/4 cup (60 mL) chopped onion  
2 Tbsp. (25 mL) chopped olives  
1 Tbsp. (15 mL) lemon juice  
1 tsp. (5mL) horseradish sauce

Thaw lobster in refrigerator overnight; drain. Cut lobster in bite-size pieces, removing any cartilage in claws. Store in refrigerator. Cut eggs and tomatoes in wedges. Shred lettuce. Store eggs and vegetables in refrigerator until ready to use. Combine dressing ingredients and mix well. Refrigerate for 2 hours to allow flavours to blend. Place lettuce in salad bowl, making a small well in centre. Place lobster in well. Spoon dressing around lobster and top with egg and tomato wedges. Toss just before serving. Makes approx. 8–10 salad servings.

## Lobster Bisque

1 can (11.3 oz./ 320 g) Nova Scotia frozen lobster meat or 2 cups (500 mL) fresh lobster meat  
2 Tbsp. (25 mL) butter or margarine  
1/2 cup (125 mL) chopped onion  
1/4 cup (60 mL) chopped celery  
1/4 cup (60 mL) chopped carrot  
1/3 cup (75 mL) flour  
2 cups (500 mL) cream  
2 cups (500 mL) 2% milk  
1/4 tsp. (1 mL) cayenne pepper  
1 tsp. (5 mL) lemon juice  
1 Tbsp. (15 mL) sherry (opt.)  
1/4 tsp. (1 mL) paprika  
1 cup (250 mL) whole wheat croutons

Thaw lobster in refrigerator overnight, drain reserving juice. Chop lobster meat coarsely, removing cartilage from claws. Refrigerate meat and juice until ready to use. Melt butter or margarine in a large saucepan. Add onion, celery, and carrot; sauté until tender. DO NOT BROWN. Sprinkle with flour, and stir. While stirring, gradually add cream, milk, and pepper. Continue cooking until broth starts to thicken. Strain broth. Purée strained vegetables in a blender. Return broth and vegetables to saucepan. Purée chopped lobster meat and lobster juice\*. Add to vegetable broth mixture. Simmer until hot but not boiling. Stir in lemon juice, sherry, and paprika. Sprinkle with croutons. Makes approx. 8 servings.  
\* You may replace lobster juice from frozen can of lobster meat with 1 cup (250 mL) chicken stock.