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# Boiled Fresh Lobster

*The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN*

For four live lobsters (1 to 1-1/2 pounds each) use a large pot, holding two gallons of water. Add 1/2 cup of salt per gallon. Bring the water to a rapid boil, then grasping each lobster behind the head, plunge headfirst into boiling water. Push it under with a wooden spoon.

Cover and return to a rapid boil, cooking for about 20 minutes. Allow 5 minutes less for lobsters less than one pound and 5 minutes more for those over 1-1/2 pounds. Lift from the pot, and for immediate serving, run through cold water. Place them on their backs and split lengthwise. Lift out and discard the back vein and spongy green/grey tissue. Do not discard the bright green layer tomalley or red roe if present. Both are delicious.

Serve hot with melted butter and lemon wedges.

If the lobsters are to be chilled, cool quickly under cold water and drain. The cold water treatment makes it easier to pry meat from the shell.

## Seafood

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*Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .*