

Lobsters' Gastronomy

No matter what time of year, the thought of eating lobster of any kind is a great idea. Lobsters are large marine crustaceans – the king of the crustacean family. In the United States, these spiny, little, strange-looking creatures are an important commodity. Globally, lobsters net more than 1 billion annually. Now, that's a whole lot of lobster!

Lobsters are found in all oceans and many different types are available. Whole lobster comes in these types: clawed lobsters, clawless spiny or slipper lobster and squat lobsters. Tails are sold as well. The types of tails you will find are: South African, Maine, North Australian, Brazilian, New Zealand, Floridian and Caribbean.

Different Types of Lobster

The main difference in lobsters is whether they are live or frozen. The next difference is taste and texture. The final difference is price. Most live, whole lobsters are sold at market price. Tails, since frozen, are a more constant price. Location is one of the price factors as well. Being near a large source will reflect in price. Still, lobsters are affordable and available year round.

Ordering Lobster

Whether you are going to purchase your own to take home or eat a lobster at your favorite seafood restaurant, usually a whole Maine lobster – 1¼ to 1½ pounds – is the perfect size for the average person. Tails, depending on their size, are one to two per person. A 1 to 1¼ pound lobster (also called a chicken lobster) yields about four ounces of cooked meat, perfect for the petite or light eater! A 1½ to 1¾ pound lobster will yield about six ounces of cooked meat, for someone with more of an appetite. A 2-plus pound lobster will yield about 8 ounces of cooked meat and four pounds of live lobster will yield approximately one pound of cooked meat!

Cooking Lobster

Lobster can be cooked in just about any fashion. Whole Maine lobsters are best steamed or boiled. Tails are best grilled or broiled. Either can be sautéed, once removed from the shell. Also, once cooked, you can add the lobster meat to salads or pastas dishes, or incorporate them into any other side dish – be creative!

“Broiled, boiled, sautéed, baked, grilled or even fried – lobster is delicious,” say owners George Baxevanis and George Vlahos, of Fisherman's Quarters II, a family-style seafood restaurant in the mountains of Asheville, NC. It's here that they serve Calabash-style seafood in abundance! “Tails are the easiest to try if you aren't familiar with cooking lobsters,” says Baxevanis. “We broil the ones we serve and our customers just love them! Here is a simple recipe for you to try at home:

Baked Lobster Tails

Needed:

- Lobster tails (one per person)
- Melted butter
- Old Bay seasoning
- Lemon

Preheat your oven to 400 degree. With a chef knife, split the soft shell of the lobster tail in half, lengthways. Brush the tail with melted butter and then sprinkle on some Old Bay seasoning or your favorite seafood spice. Place split and seasoned lobster tails on a baking dish and bake in the oven for between 8 and 10 minutes. Serve hot with halved lemons and melted butter.