

FRENCH

Boiled Lobster

Boiled lobster is a classic and indulgent seafood dish, prized for its tender, sweet meat. The cooking process is simple yet precise, requiring live lobsters to be submerged in a pot of boiling salted water for a specific amount of time, depending on their size. This method helps to preserve the lobster's natural flavor and moisture. Once boiled, the lobster's shell turns a bright red, signaling it's ready to be served.



Ingredients

- 2 live lobsters (about 1 1/2 pounds each)
- Salt
- Lemon wedges
- Melted butter (optional, for dipping)

How to prepare

1. Fill a large pot with enough water to cover the lobsters completely. Add salt to the water, approximately 1-2 tablespoons per quart.
2. Bring the water to a rolling boil over high heat.
3. Grasp the lobsters firmly and carefully lower them headfirst into the boiling water. Be cautious to avoid getting splashed by the boiling water.
4. Cover the pot with a lid and allow the lobsters to boil for about 12-15 minutes. The cooking time may vary depending on the size of the lobsters. They are done when they turn bright red and the antennae pull out easily.
5. Once the lobsters are cooked, use tongs to remove them from the pot and transfer them to a large plate or serving platter.

6. Allow the lobsters to cool for a few minutes before serving.
7. Serve the boiled lobsters with lemon wedges and melted butter on the side for dipping, if desired.