

The American lobster is native to the cold North Atlantic waters. It is a brownish rust to a blue green color when alive and turns bright red when cooked.

One claw is heavy with blunt teeth to crush prey and the other has sharp teeth to tear its prey into pieces. Not all are on the same side so lobsters are right or left handed. If a lobster loses an eye or a claw, it is able to grow another although it is smaller.

Lobsters move toward shallow water in spring and back to deeper water in the fall. Approximately 80% of New England's lobsters are harvested from July through October.

A growing lobster periodically sheds its hard shell for a soft one. The new shell forms beneath the old one. The old shell splits down the back and the lobster crawls out. Then the new shell expands to a larger size and hardens. It takes approximately 6 to 7 years for a lobster to grow to a one pound size.

CONGRATULATIONS!

You have just finished your lobster.

Now you are an expert!

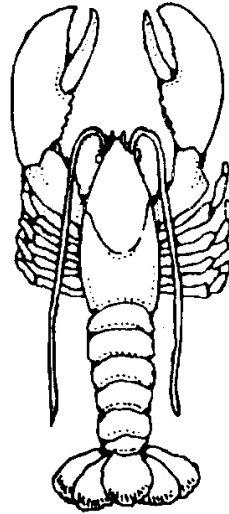
We will look forward for you to come back so you can try it again.

8) Crack the remaining part of the body sideways to open it up and remove the last pieces of meat. This meat is a different taste and texture than that of the tail and claws.

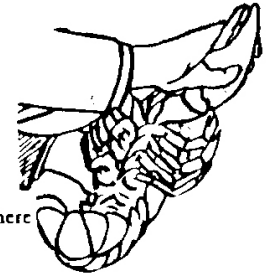


Okay, you have your lobster—now what?????

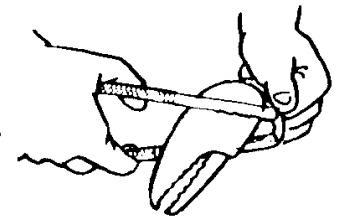
1) Twist off the small claws from the body. Break off the end and suck the meat out as if using a straw. This is a good place to start while the rest of your lobster cools.



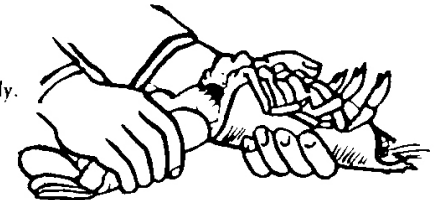
2) Twist off the large claws and legs where they join the body.



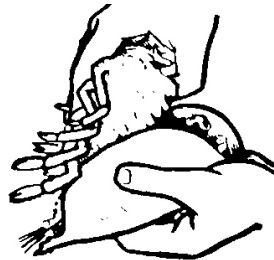
3) Crack each claw with a nutcracker and take out the meat. Dip it in drawn butter or squeeze on lemon. It will be a memorable first bite! Don't miss the slivers of meat in the claw's "thumb." Break the legs open with the nutcracker and dig out the meat with a fork or use your fingers! Get every morsel.



4) Twist off the tail from the body.



7) Some people enjoy the body as much as the rest of the lobster. Others, however, do not. It's up to you. Give it a try. Unhinge the back shell from the body. The liver turns green when cooked and is known as tomalley. You may want to scoop this out with a spoon.



5) Bend back and break off the flippers from the back of the tail.



6) Now it's time to remove the meat from the tail. Either use your fork or your fingers (They come in very "handy!") to push the meat out from the small flipper end towards the big end. The meat will shoot out the large end.

Are you ready to enjoy the succulent tasty lobster tail? Some prefer to cut up the meat while others just use their fingers to dip the meat in butter and bite away. Yum-Yum!!

