

*Burger & lobster*

BURGER & LOBSTER'S  
WHOLE LOBSTER



# BURGER & LOBSTER WHOLE LOBSTER

## RECIPE CARD

In your Whole Lobster Kit, you should receive the following: Whole Lobster, Lemon & Garlic Butter

### BEFORE YOU START

The lobster has been prepped so all you will need to do is cook and enjoy! Please be aware that the lobster is completely raw inside the shell.

You can cook the lobster in two different ways: steamed or grilled.

### STEAMING THE LOBSTER

1. You will need a large saucepan or flat-bottom frying pan with a lid to cook the lobster in. The lid will need to be tight fitting to ensure an even steam.
2. You will also need a heat-proof bowl to fit inside the pan to cook the lobster on.
3. Fill the pan with one inch of water. This should be just enough to cover the bottom of the pan. Place the bowl inside the pan but do not let the water cover over the sides of the plate.
4. Bring the water to a simmer. Do not let the water dry out at any point; top up if necessary.
5. Place the lobster shell-side down in the bowl inside the pan and put the lid on the pot tightly. If all the lobster and claws don't fit inside, steam in batches and keep the cooked lobster warm on a hot plate with clingfilm wrapped over it.

6. Keep the water at a simmer and steam. After 6-7 minutes, remove the lobster body. Steam the claws for an additional 2 minutes before removing from the pan.
7. Rest the lobster and claws for 5 minutes before serving.

### GRILLING THE LOBSTER

You will need to pre-steam your lobster before finishing off on the grill. If using a BBQ to grill, light your BBQ and then begin the steaming process. You can also use a griddle pan to grill the lobster.

1. Proceed with steps 1-6 from the steaming method above, but reduce the cooking time in the pan to 4-5 minutes.
2. Whilst the lobster is cooking in the pan, wipe the bars of your BBQ or pan with a small amount of oil. If using a griddle pan, heat to the highest temperature.
4. Place the lobster, flesh-side down, on the grill and cook for 2-3 minutes until you have nice char marks. Grill the claws at the same time by placing on the grill - no need to crack open - and cook for 5 minutes until you can hear boiling inside the shell.
5. Remove the lobster and claws from the grill. Be careful; they will be very hot. Leave the lobster to rest for 5 mins before serving.

### PREPARING THE SAUCE

1. While cooling the lobster, prepare your lemon & garlic butter: To prepare, simply heat the sauce in a saucepan until it comes to a gentle simmer - do not let it boil.
2. Once simmering, carefully transfer the sauce to a blender (or use a stick blender) on low until the sauce comes together.
3. Next, transfer to a serving jug. Do not reheat.
4. Plate the lobster and enjoy with the lemon and garlic butter.

### LOBSTER CRACKING 101

We've put together a handy guide on 'How To Eat A Lobster' and included it in your cook-at-home kit to help you out if it's your first time venturing into these tasty crustaceans!