



BUCKHEAD MEAT & SEAFOOD™

MID-ATLANTIC

a Sysco company



The cold hard facts

Handling & Storage of Live Lobsters

Live Lobsters that are properly handled and stored can live up to 48 hours out of salt water, under "**PERFECT**" conditions. This time may be greatly reduced during warmer months. This means that the most an operator can expect is approximately **24 hours life after they are received.**

Lobsters are shipped and stored in waxed boxes with drain holes at each end and a tight fitting lid. It is desirable to keep Lobsters as cold as possible without freezing. This makes them docile and reduces the Lobster's oxygen requirement. Lobsters should be put in the cooler immediately after they arrive and **NEVER** left sitting in the kitchen. Lobsters should be placed in the coldest (between 33F and 40F) part of the cooler, away from the door, and not in the direct path of the blower. Place Lobsters on a rack, just off the floor. **DO NOT DROP** the box, as this can cause internal damage and hemorrhaging leading to a quick death, **HANDLE LIKE EGGS.**

Remove the lid. There should be plenty of wet newspaper and or seaweed on top of the Lobsters, with crushed ice on top. If not, add wet newspaper and enough crushed ice to keep the newspaper wet and cold. During the removal of the Lobsters from the box, should the newspaper fall apart or if the ice has melted, replace with plenty of wet newspaper and more ice on top of the newspaper.

Lobsters **CANNOT survive in fresh water**, so make sure the drain holes at each end of the box are open and clear. Handling of Lobsters should be held to a minimum. When transferring Lobsters, pick them up by the body, not the claws. If a Lobster is weak, its tail is limp, hangs down and has little movement. Cook these first.

No movement means a "still" or dead Lobster, these should be removed from the live Lobsters, cooked or buried in a box of crushed ice. These can then be safely cooked within 12 hours. Remember the **NOSE** knows. If a "still" is bad it should **NOT** be cooked. If it **SMELLS BAD DISCARD IT!**

The Ultimate White Meat

Listed amongst the world's list of most luxurious foods, lobster's distinctive flavor, both mild and sweet, lends itself to being extremely versatile in the kitchen. As is the case with many other white meats, because of the mild flavor of lobster, the breadth of flavors that it can be prepared with is endless. It can all be cooked in almost any way possible. It can be steamed, boiled, broiled, baked, grilled, stir-fried or sautéed.

In addition to an elegant taste, lobsters are lower in fat and calories than chicken and turkey. Lobsters are a healthy addition to any menu, as a low cholesterol, low calorie food with the added health benefits of containing omega-3 fatty acids.

Storing Cooked Lobster

Cooked Lobster - Store cooked Lobsters in rigid, airtight containers. It is best if used within three days from time of cooking.

Lobster Meat - Remove Lobster meat from shell. Store the Lobster meat in an airtight container for up to four days.