

Seafood Safe Handling Tips

- ✎ Purchase seafood last and keep it cold during the trip home.
- ✎ Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- ✎ After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot soapy water.

Buying and Storing Tips

- ✎ Live lobster should have some leg movement and curl its tail when handled.
- ✎ Refrigerate live lobster at a constant 41° F in a breathable container. Do not store directly on ice.
- ✎ Fresh or frozen lobster is available (raw or cooked) in the following forms: whole body, tail only, split tails and tail meat only.
- ✎ Whole lobster or tails should have a mild sea breeze aroma, firm flesh and tightly adhering shells free of black spots.
- ✎ Store fresh lobster in the refrigerator at 32° F and use within two days. Freeze lobster at 0° F for up to 6 months. Thaw frozen lobster in the refrigerator or under cold running water.

Cooking Tips

- ✎ Cooked lobster tail meat should be opaque, plump and moist with a mild sea breeze aroma.
- ✎ Boiled lobster: Place in boiling salted water and simmer for 12 to 15 minutes. For tails only, simmer for 5 to 10 minutes depending on size.
- ✎ Grilled lobster: Brush tail meat with olive oil and place on grill, meat side down, for 5-6 minutes per side.
- ✎ To remove tail meat from raw whole lobster: Break tail section away from the body. Cut through the underside of tail shell with kitchen shears. Pull shell apart from top to fan tip and remove meat. Remove the sand vein with a shallow cut along the top of the meat.

Florida Spiny Lobster

Spiny lobster (*Panulirus argus*) is a crustacean related to crabs, shrimp, crayfish and the Spanish lobster. Spiny lobster has numerous spines on the body, two large hooked horns over the eyes, a pair of long, jointed antennae and five pairs of walking legs but no claws. The shell on the body and tail has mottled coloring of yellow, brown, orange and blue markings but it turns a bright red-orange when the lobster is cooked. Florida spiny lobster is commercially harvested off the southern tip of Florida and the Florida Keys. It is caught live using special traps set at depths of 6 to 300 feet. Its diet consists of clams, snails, seaweed and small marine organisms.

Characteristics: The rich, lean white meat has a firm bite, coarse texture and a sweet, distinctive flavor.

Substitute Species: Blue crab, golden crab, shrimp or rock shrimp

How Much to Buy:

- ✎ Whole in the shell: 1 pound per serving.
- ✎ 1 pound cooked meat yields 4 servings.
- ✎ 1-pound whole lobster yields 1/3 pound cooked meat.

Nutritional Value Per Serving:

For approximately 4 ounces (114 grams) of raw, edible portions: Calories 113, Calories From Fat 15, Total Fat 2g, Saturated Fat 0g, Trans Fatty Acid 0, Cholesterol 80mg, Total Carbohydrates 3g, Protein 23g, Omega 3 Fatty Acid 0.45g



Lobster Bisque

Glazing Florida Lobster

Frozen lobster is “glazed” with a thin coat of ice and packaged in plastic to protect the meat from dehydration and freezer burn. The net weight listed on the packaging must be the “unglazed” weight of the product. For weighing purposes, the product should be rinsed only long enough to remove the glaze. If the glaze is excessive and you are charged lobster price for excess ice, it is mislabeled.

Mislabeled seafood is illegal. If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please contact the Florida Department of Agriculture and Consumer Services, Division of Food Safety, at 850-245-5520. If purchased at a restaurant, please contact the Florida Department of Business and Professional Regulation at 850-487-1395.



Always ask for Florida seafood and look for the **Fresh from Florida** or **From Florida** logos on signs, brochures and packaging in your supermarket or seafood market. Florida’s seafood industry is dedicated to supplying wholesome, nourishing and affordable seafood products. **Fresh from Florida** seafood recipes, species information and brochures can be found at www.FL-Seafood.com.

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Recipes

Lobster



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Lobster Carambola Citrus Salad



Nutritional Value Per Serving: Calories 377, Calories From Fat 144 , Total Fat 16g, Saturated Fat 2g, Trans Fatty Acid 0, Cholesterol 64mg, Total Carbohydrate 35g, Protein 24g, Omega 3 Fatty Acid 1.68g

- 1 cup Florida orange juice
- 2 tablespoons Florida honey
- 1/4 cup canola oil
- 1 teaspoon salt
- 4 medium Florida carambolas (star fruit), sliced
- 1 cup Florida orange sections
- 1 cup Florida pink grapefruit sections
- 1 pound Florida cooked lobster tail meat, sliced
- 1 cup canned black beans, rinsed and drained
- Florida salad greens, chilled

For dressing, bring orange juice to a boil in a saucepan, reducing liquid by 1/2. Cool in a small bowl. Whisk in the honey, oil and salt. Set aside. On individual plates, arrange carambola slices, orange and grapefruit sections, lobster and black beans on salad greens. Drizzle with orange salad dressing and serve.
Yield: 4 servings

Florida Lobster Quiche

- 1 9-inch pie shell, uncooked
- 1 1/2 cups Florida lobster meat, cooked and sliced
- 1/2 cup Swiss cheese, shredded
- 1/4 cup sharp Cheddar cheese, shredded
- 1/4 cup Parmesan cheese, grated
- 4 Florida eggs, well beaten
- 1/4 cup white wine
- 1 cup half and half
- 1/2 teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1/2 cup Florida scallions, chopped
- 1/8 teaspoon black pepper
- 1/2 teaspoon salt
- 1/8 teaspoon nutmeg

Preheat oven to 350° F. Spread lobster meat in the pie shell; top with cheeses. Combine eggs, wine, half and half, Worcestershire sauce, mustard, scallions, salt and pepper. Pour mixture over lobster and cheeses. Sprinkle top with nutmeg. Bake at 350° F for 40 minutes until custard is set. Cool for 10 minutes before cutting. Serve hot or at room temperature as an appetizer or main dish.
Yield: 4 servings

Nutritional Value Per Serving: Calories 320, Calories From Fat 168, Total Fat 19g, Saturated Fat 10g, Trans Fatty Acid 0.13, Cholesterol 318mg, Total Carbohydrate 6g, Protein 28g, Omega 3 Fatty Acid 0.33g



Creamy Lobster Medallions



- 1 1/2 cups wild rice, uncooked
- 2 tablespoons butter
- 1/2 cup Florida carrots, chopped
- 1/2 cup Florida celery, chopped
- 1 cup Florida green onion, chopped
- 1 10 1/2-ounce can cream of shrimp soup
- 1/2 cup sherry
- 1/4 cup butter
- hot pepper sauce to taste
- salt, and pepper to taste
- 1 1/2 pounds Florida lobster meat, cooked and sliced

Prepare wild rice per package instructions. While rice is cooking, melt butter in a large saucepan and sauté the carrots, celery and green onion for 3 to 4 minutes. Stir sautéed vegetables into cooked wild rice. Set aside. Combine soup, sherry, butter and seasonings in a double boiler and heat thoroughly. If sauce gets too thick, add more sherry. Add lobster meat and stir until heated through. On individual plates, arrange lobster slices on wild rice and spoon sauce over. Serve remaining sauce separately.
Yield: 6 servings

Nutritional Value Per Serving: Calories 481, Calories From Fat 144 , Total Fat 16g, Saturated Fat 9g, Trans Fatty Acid 0.34g, Cholesterol 129mg, Total Carbohydrate 47g, Protein 35g, Omega 3 Fatty Acid 0.72g

Crab-stuffed Florida Lobster

- 2 whole Florida lobsters, split lengthwise
- 1 tablespoon butter
- 1 tablespoon Florida celery, finely chopped
- 1 shallot, finely chopped
- 1 teaspoon flour
- 1 teaspoon dry mustard
- 1/4 teaspoon cayenne pepper
- 1/4 cup milk
- 1/2 cup Florida crab meat, flaked
- 1 tablespoon butter, melted
- 3 tablespoons dry breadcrumbs
- paprika

Rinse lobster body cavity thoroughly; set aside. In a small skillet, sauté the celery and shallot in butter until soft. Stir in the flour, dry mustard, cayenne and milk; simmer until thickened. Add crab meat and spoon mixture into the lobster body. Brush lobster meat with melted butter. Sprinkle bread crumbs and paprika over crab stuffing and lobster meat. Bake on oven-proof pan at 400° F for 15 to 20 minutes until cooked through and lightly browned.
Yield: 2 servings

Nutritional Value Per Serving: Calories 465, Calories From Fat 151, Total Fat 17g, Saturated Fat 85g, Trans Fatty Acid 0, Cholesterol 236mg, Total Carbohydrate 15g, Protein 59g, Omega 3 Fatty Acid 1.06g

