

A Guide to Lobster “Stuff” by color

Inside a lobster’s body lie many colorful and mysterious substances. Here is a quick guide to decipher everything.

Black Stuff – This is some uncooked or undercooked lobster eggs, also known as roe or lobster caviar. Prior to cooking, these eggs will appear thick, shiny and black, and are found throughout the tail. If you have cooked your lobster and still see the black stuff, cook them longer and the black stuff will turn into...

Red Stuff - Once the above-mentioned female lobster is fully cooked, those eggs turn bright red in color. Their texture becomes firmer and they look more like the lobster caviar you may have seen used in restaurants or at your local sushi bar. It’s quite delicious and very expensive – consider yourself lucky if you find this!

Green Stuff - The brownish-green substance is the tomalley or liver of the lobster. All lobsters have tomalley and you’ll discover it when you separate the tail meat from the shell. Simply rinse it off before digging in, and you’ll be ready to enjoy your lobster.

White Stuff - Once a Lobster Gram lobster is cooked, you will always see thick whitish foamy stuff around the meat and in the cooking water. This is the protein, made from the lobster’s blood and other tissues, and can just be rinsed off. It’s completely normal and harmless, yet another sign that your lobsters are incredibly fresh!

Pink Meat - Occasionally Maine lobster tail meat will have a pinkish tint to it. This is NOT an indication that the meat has gone bad by any means! The color of the meat is usually an indication that you have received a female lobster that is either preparing to produce eggs, or just did. It has no effect on the quality or taste of the meat.

Your order was carefully hand-packed to include our best-quality Grade A, hard-shell, fresh-frozen Maine lobster tails. We hope you will enjoy every morsel. Be sure to “catch” our next airing. After devouring your lobster tails, we know you’ll be “hooked”!

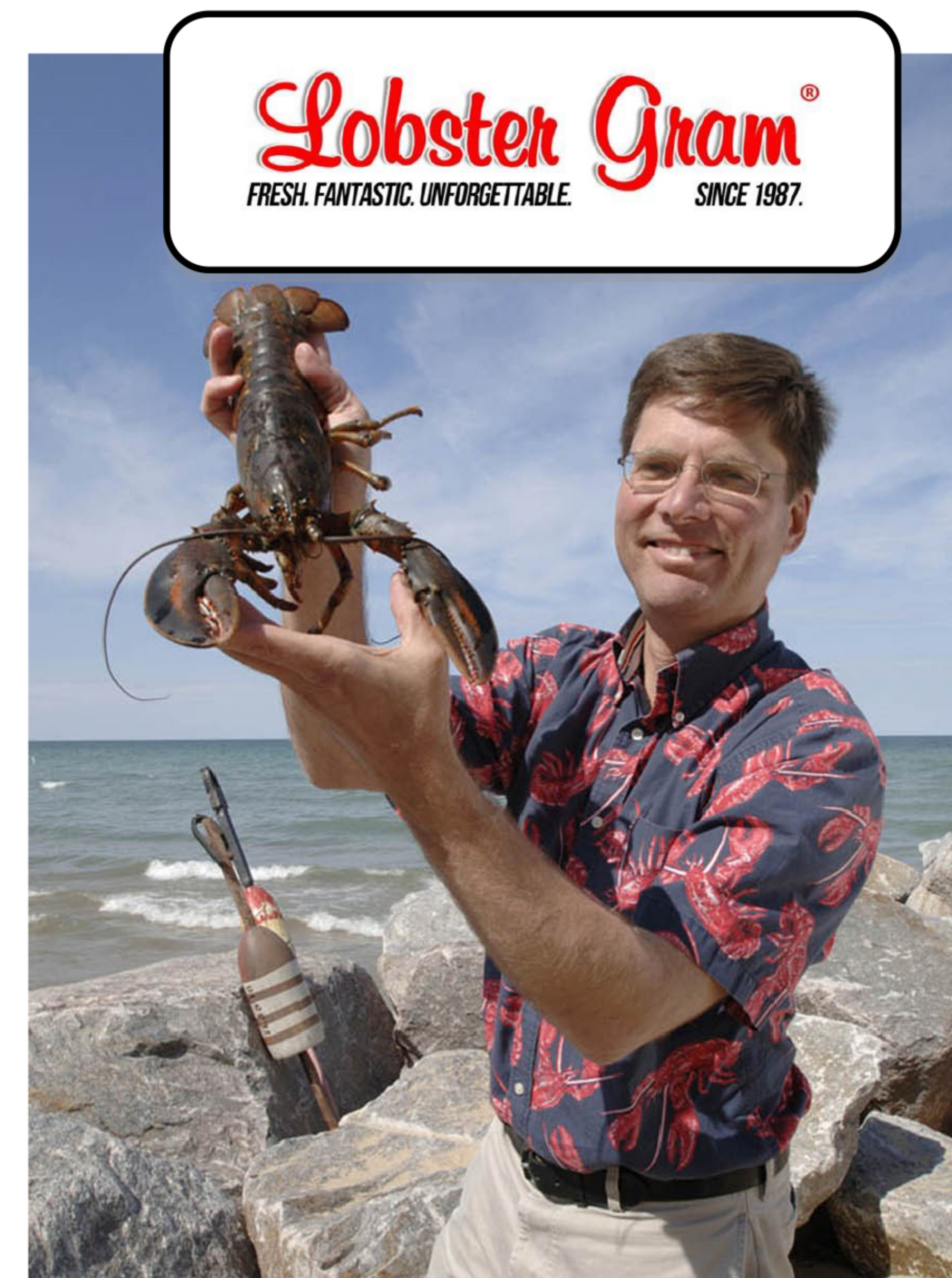
Nutritional Value for plain, boiled Maine Lobster Tails, per 3 oz. serving (approx. 1.7 servings per 5 oz. tail): Calories 83; Calories from Fat 5; Total Fat 1.0 g; Saturated Fat 0g; Sodium 323 mg; Cholesterol 61 mg; Carbohydrate 1 g; Dietary Fiber 0g; Protein 17 g; Omega-3 0.2 g.

Nutritional Value for Clarified Butter, per 100 g. serving: Calories 876; Calories from Fat 874; Total Fat 99 g; Saturated Fat 62g; Trans Fat 0g; Cholesterol 256mg; Sodium = 2 mg; Total Carbohydrate 0g; Dietary Fiber = 0g; Sugars 0g; Protein = 0g; Vitamin A 61%; Vitamin C 0%; Calcium 2%; Iron 0%.

Lobster Gram Customer Service Center hours:

Mon-Thurs. 9am-6pm; Fri. 9am-3pm (ET)
Phone: 1-866-219-9129 (Closed on holidays)

Preparation Instructions






You’ve just received our mouthwatering Maine Lobster Tails! They are the sweetest of all tails because they come from the cold waters of the North Atlantic. Maine lobsters have a firm texture and a taste that will delight and amaze you.

Lobster Gram has been shipping the finest Maine lobster tails for over 27 years, since 1987! Experience the taste of Maine without leaving the comforts of home. Please read on, and Bon Appétit!

Dan the lobster man

Always start with thawed lobster tails to ensure best results!

-  Allow 24 hrs to thaw. Place the tails in sealed bags on a plate in the refrigerator the day before you plan to cook them.
-  **QUICK THAW** method: if you don't have time to thaw overnight, keep tails in sealed bags and soak in cool water for 1 hour or until pliable, changing water once.
-  Regardless of what method you use, be sure to THOROUGHLY RINSE OFF the saltwater glaze on the tails. This glaze protects the tails against freezer burn.



Boiling Lobster Gram Tails

Boiling is the quickest and easiest preparation method for lobster tails. Fill a pot with enough water to cover your tails. Bring the water to a boil and gently put tails in the pot. Wait for water to reach a slow boil (small bubbles), then reduce the heat, set the timer according to the times below

Tail Quantity	Tail Size	Cooking Time
2 – 6 tails	5 – 6 oz.	3 – 4 minutes
2 – 6 tails	7 – 8 oz.	4 – 5 minutes
2 – 6 tails	8 – 9 oz.	5 – 6 minutes
2 – 6 tails	12 – 14 oz.	6 – 7 minutes
2 – 6 tails	20 – 24 oz.*	7 – 9 minutes

*Boiling GIANT 20-24 oz. Tails

Don't worry about the grand size of these hefty 20-24 oz. tails affecting their tenderness or flavor – when cooked correctly they are just as tender as smaller tails.

In the meantime, use a sharp knife to cut lengthwise down the softer underneath side of the shell to split the tail down the middle. This is the key for the perfect Giant tail! It allows the thick inner part of the tail meat to cook faster, preventing the outer meat from being overcooked.

When your timer goes off, keep your heat on and remove the tails from the water using tongs. Test for doneness, and turn off your heat when your tails are done. Take pictures & enjoy!

Checking Your Tails For Doneness

Remove all tails from the pot but keep water simmering on the stove in case you need to put them back in. Test just one tail for doneness. Use a knife to cut through the soft underside of the shell, into the thickest part of the tail meat. If it appears completely white with no sign of translucent grayish color, then they're all ready to serve. If there is still some translucency or the roe (eggs) appears black & shiny, put the tails back in the water for one-minute increments until done (roe turns a bright orange/red when cooked; if you don't want to eat it, just rinse off). Now reward yourself and dig in!

Split Lobster Gram Tails AS SEEN ON TV

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



STEP 1: Preheat oven to 425°. Make sure that your split tails are completely thawed. On most tails the vein is removed but if it is not just take your finger, under cold water and rinse it off. Be careful not to destroy the tail, be gentle.

STEP 2: Take your clarified butter or unsalted butter and melt it in your microwave or a small sauce pan. If doing it in the microwave put a cover on the butter and use a low power to prevent it from blowing up in your microwave! Baste the tails with the melted butter, this will keep the tails from drying out and butter always makes everything better! However, use margarine if you like. To be fancy sprinkle some paprika on top of the buttered tails.

STEP 3: Make sure your grill or oven is at 425° and lay the tails shell side down on the grill or use a baking sheet if using an oven. Set your timer for 3 minutes. Close the grill or oven and don't peek!!

STEP 4: After 3 minutes flip the tails meat side down and set your timers for 2 more minutes and don't peak!

STEP 5: After 2 minutes take off the tails from the grill or remove them from the oven and check if done.

NOTE: Here is the trick so the tail meat comes out of the shell easily!!! As you can see in the picture, where the meats starts at the flipper, take your fork and gently pull it out and the entire tail should come out. It only works when you start at the flipper. This trick works 95 % of the time!!!