

How to Steam Lobster from Maine



Not everyone who goes on Maine vacations is fortunate enough to have a chance to **steam lobster** for themselves, but if you are lucky enough to do so...

...you will find that steaming Maine lobster is one of the easiest ways to learn **how to cook live lobster**. And, you won't need much to get yourself started.

For the most basic **steamed lobster recipes**, you can get by with a lobster pot, or another pan that is large enough to hold your prized crustaceans (without crowding them)...

...a small amount of water, and a stick of butter. Oh, and of course, a fresh Maine lobster, or two!

Although there are others **ways to cook lobster** - you can boil lobster, BBQ lobster, broil lobster, and bake lobster - when you steam lobster, the meat maintains its flavor better, and is generally more tender.

Maine Steamed Lobster Recipes

Under ideal circumstances, you would be able to steam lobster in saltwater directly from the Atlantic Ocean, off the coast of Maine. However, if you don't have that opportunity...

...to help preserve the "ocean" taste that Maine lobster meat has. I suggest adding your own salt to tap water.

In other steamed lobster recipes...

...some people like to add **Old Bay Seasoning** to the water. If you do, be careful. With too much seasoning you risk masking the lobster meat taste.

To steam lobster you will need a large lobster pot, or other pan that is big enough to accommodate the number of lobsters you will be cooking, and...

...preferably one that has a steamer basket or rack. Although when necessary, I certainly prepare steamed Maine lobster without one.

Your lobster should be alive when you begin and can be put in the pot (preferably head first) while it is still living. However, many people feel that killing a lobster *before* cooking, is a more **humane way to kill lobster**. If this suits you better...

1. Place lobster in the freezer for 20 minutes before cooking. This will help numb the lobster and slows its movements.
2. Remove lobster from the freezer and place on a cutting board on its back. To catch fluids, place a rimmed cooking sheet under the cutting board.
3. Using a sharp chef's knife, insert the tip below the claws and slice downward through the lobsters head.

I know... I don't think this is all that humane either!

Steaming Lobster

1. Cover the bottom of the lobster pot with 1-2 inches of seawater or saltwater.
2. Bring the water to a boil over high heat.
3. Place your live (or freshly killed) lobster in the pot's steaming basket, or directly into the pot if it does not have a rack.
4. Cover the lobster pot and begin timing. Halfway through cooking time remove the lid (be extremely careful as piping hot steam will escape) and move lobster around to ensure they are cooking evenly. Return lid to the pot.

5. For lobster cooking time instructions, see below...

Serving suggestions: Serve hot with melted butter, or clarified butter, and lemon wedges. Good lobster side dishes are traditional favorites of corn on the cob and cole slaw, or you may want to serve a fresh garden salad, and potato salad or a baked potato. Keeping side dishes simple allows you and your family, or guests, to thoroughly savor the taste of the fresh Maine lobster meat.

Steamed lobster meat can also be used for many [Maine Lobster Recipes](#) that call for cooked lobster meat...

- Lobster Casserole Recipe (Lazy Man's Lobster)
- Lobster Newburg Recipe
- Lobster Thermidor Recipe
- Easy Lobster Bisque Recipes
- [Lobster Roll Recipes](#)

It is also possible to **re-heat steamed lobster**. I melt butter in a saucepan and then place room temperature lobster meat into the liquid. I heat the meat over low to medium temperature, until it is warm. Lobster leftovers are decadent!

How Long to Steam Lobster

According to the **Maine Lobster Council** - and who would know better than Maine's lobster authorities - the following guidelines should be used. Thankfully, when you cook steam lobster, timeframes are a little forgiving!

Lobster Steaming Chart...

Lobster Size	Lobster Steaming Time
1 pound	10 minutes
1-1/4 pounds	12 minutes
1-1/2 pounds	14 minutes
1-3/4 pounds	16 minutes
2 pounds	18 minutes
2-1/2 pounds	22 minutes
3 pounds	25-30 minutes
5 pounds	40-45 minutes

Although many people consider that lobster is cooked once the shell turns from a shade of brown, to orange or red...

...it is the meat inside the lobster shell that is the true indicator as to whether or not a lobster is cooked - particularly if you cook a large lobster, or several at once.

The meat of **cooked lobster** is white, whereas the meat of **uncooked lobster** is translucent.

- See more at: <http://www.great-maine-vacations.com/steam-lobster.html#sthash.NG8OwTPC.dpuf>