



COOKING INSTRUCTIONS

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Live Lobsters

1. Boil water – ¼ lb salt to 1 gallon of water (use enough water to cover lobsters)
2. Place lobsters in boiling salted water
3. Cook according to times listed below after water comes to a second boil.

<u>Size</u>	<u>Time</u>
1 – 1 ¼ lb Lobster	10-12 minutes
1 ½ - 1 ¾ lb Lobster	15-18 minutes
2 – 2 ½ lb Lobster	20-22 minutes

WARNING: Never put live lobsters in sink with tap water!

STORAGE If possible, leave lobsters in air carton with seaweed in refrigeration.

Baked Stuffed Lobsters

1. Preheat oven to 350 degrees
2. Place lobsters in pan with 1/8 inch of water in bottom
3. Cook for 20-25 minutes
4. Serve with melted butter on the side

Par Boiled Lobsters (if you are not able to use live lobsters right away, we may suggest to have them par boiled by our store prior to shipment)

1. Remove foil or bag from lobsters
 2. Boil water with pinch of salt only
 3. Place lobsters in water & cook 5 minutes after water comes to a second boil.
- or Keep in foil and heat at 400 degrees(preheated) for 10-12 minutes

Do It Yourself Clam Bake Instructions

1. Add one cup water to each can and place on high heat.
2. At point of steam (approximately 30 minutes), lower heat to medium
3. Cook additional 30 minutes Entire process takes approximately 60 minutes

Baked Stuffed Shrimp and Stuffed Clams

Bake at 400 degrees for 10-12 for clams and 12-15 minutes for shrimp

Scallops and Bacon

Broil for 5 minutes on each side until bacon is crisp or
Bake for 8 -10 minutes at 375 degrees until bacon is crisp