

45°N

NOVA SCOTIA  
SEAFOOD  
PURE. CANADA.

63°W

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# HOW TO EAT A COOKED LOBSTER

Harvesting lobster along the rugged Atlantic Coast is steeped in tradition. Prized for its hard shelled and full meat qualities, Nova Scotia Lobster is harvested from the cold, clean, pristine waters along the coast of the province, by thousands of independent harvesters, and shipped all over the world. Cracking a lobster is easier than you might think. We have outlined the steps for you here. Don't forget your seafood bib!



## TWIST THE TAIL

To remove the tail, grasp the lobster around the body with one hand and the tail with the other and gently twist. Pull apart the two pieces. You may notice a green substance on the meat which is called the tomalley. There may also be a red substance known as the roe (eggs) found in some female lobster. Both are edible and considered by many to be one of their favorite parts, however they can be scraped off if desired.

## TWIST THE CLAWS

To remove the claws, simply grab the body with one hand and gently twist the claws and knuckle with the other hand. Both claws and knuckles will separate easily from the body. Use care when holding the knuckle, since it has sharp protrusions that can hurt if not handled carefully.

## CUT OR CRACK THE TAIL OPEN

To remove the meat from the tail, squeeze both sides together until you hear (feel) the shell crack. Grab each side of the tail with a hand and open like a book. The meat can now be easily removed.

## CUT OR CRACK THE CLAWS OPEN

Crack the claws open with a heavy and sharp knife, or use a lobster cracker (like a nut cracker). Simply bend the claws after it is cracked and the meat can easily be extracted. You can also use the cracker to break the knuckle shell. Don't forget to remove the meat found in the small part of the lower claws... you will want to get every tasty morsel.

## DON'T FORGET THE LEGS AND BODY

The legs and the body also contain edible meat. Break and open the legs at the joint and use a fork or skewer to draw out the slender pieces of meat contained inside. For the body, simply pull apart the shell to expose the meat around the body. Remember, all of the lobster aside from the part located behind the eyes is edible and the choice is up to you on how much you wish to eat.