## **FRENCH**

## **Boiled Lobster**

Boiled lobster is a classic and indulgent seafood dish, prized for its tender, sweet meat. The cooking process is simple yet precise, requiring live lobsters to be submerged in a pot of boiling salted water for a specific amount of time, depending on their size. This method helps to preserve the lobster's natural flavor and moisture. Once boiled, the lobster's shell turns a bright red, signaling it's ready to be served.



## Ingredients

- 2 live lobsters (about 1 1/2 pounds each)
- Salt
- Lemon wedges
- Melted butter (optional, for dipping)

## How to prepare

- 1. Fill a large pot with enough water to cover the lobsters completely. Add salt to the water, approximately 1-2 tablespoons per quart.
- 2. Bring the water to a rolling boil over high heat.
- 3. Grasp the lobsters firmly and carefully lower them headfirst into the boiling water. Be cautious to avoid getting splashed by the boiling water.
- 4. Cover the pot with a lid and allow the lobsters to boil for about 12-15 minutes. The cooking time may vary depending on the size of the lobsters. They are done when they turn bright red and the antennae pull out easily.
- 5. Once the lobsters are cooked, use tongs to remove them from the pot and transfer them to a large plate or serving platter.

- 6. Allow the lobsters to cool for a few minutes before serving.
- 7. Serve the boiled lobsters with lemon wedges and melted butter on the side for dipping, if desired.