

GET COOKING WITH MAINE LOBSTER

A CHEF'S GUIDE TO
INSPIRE YOUR KITCHEN



Technomic

A NOTE FOR THE CHEF

Let's be honest: The daily grind of a professional kitchen is demanding. You're searching for the next great dish to wow your guests, but to deliver five-star flavor, you also must be certain that you're sourcing high-quality ingredients. On top of all that, you also need to ensure your BOH isn't letting any product go to waste — especially when it comes to premium ingredients like Maine Lobster.

We understand that balancing act, and we want to help.

This is a complete Maine Lobster culinary guide — a playbook designed to empower you and your kitchen to optimize all that our premium, high-quality product offers while creating standout dishes that delight your guests. In addition to a full breakdown of Maine Lobster products, you'll find prep guidance, the latest market data to inspire your next signature dish and more.

With this guide, we're confident you'll be able to turn every part of this premium ingredient into a culinary opportunity. We can't wait to see the dishes you create.

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LEVERAGE THE LEGACY OF MAINE LOBSTER

No matter the dish or the occasion, Maine Lobster elevates a meal and turns it into an opportunity to indulge. As the ultimate symbol of quiet luxury dining, this premium protein is a favorite among customers because of its rich legacy, flavor and sustainability story.

THE LEGACY

The Maine Lobster fishery became a tradition in the 1600s, long before the state of Maine was established. Since then, it has become a bedrock of the state's culture and economy. For generations, lobstermen have passed on their traditions and practices to ensure the long legacy of the fishery.

THE FLAVOR

Maine's pristine and cold waters naturally marinate Maine New Shell Lobster to create the most tender and sweetest lobster on Earth.

THE SUSTAINABILITY STORY

The Maine Lobster fishery is the gold standard in sustainable fishing. To protect the marine environment and lobster resource, Maine lobstermen implemented their first sustainability measures in 1872 and have continued to add new regulations that ensure a fishery for the next generation.

More than
80%
of America's lobster
is caught in Maine

100%
of Maine Lobsters are
harvested from small
owner-operated day boats

Maine Lobster is
comprised of
5,000+
independent lobstermen

& contributes more than
\$1 BILLION
to the state's economy
each year

NEW SHELL VS. HARD SHELL MAINE LOBSTER: KNOW THE DIFFERENCE

From about mid-June to November, lobsters in the cold, clean waters of Maine shed their shells and reveal new, larger ones underneath – the result: **Maine New Shell Lobster**. As the lobsters grow into their newly formed shell, there is a gap between the meat and the shell that seawater fills, allowing it to naturally marinate the meat. The result is the sweetest, most tender, lobster on earth.



Maine Hard Shell Lobsters are caught year-round, but are much more prevalent in the winter and spring months from December to May, when the lobsters are caught in colder waters found farther offshore. Hard Shell lobsters are packed full of tasty lobster meat and can be more durable when shipped live.



“

New Shell is sweeter, maybe a little more delicate. It doesn't have a fishy taste, it's a sweet protein that's quite tender. The meat basically brines in the ocean water that's trapped inside the shell, between the shell and the meat....”

DUSTIN DELANO
LOBSTERMAN
Friendship, Maine

LEARN ABOUT OUR SUSTAINABILITY STORY

The Maine Lobster fishery is one of the most sustainable fisheries in the world. The fishery adapted their techniques, equipment and practices to meet changing environmental needs. Over the years, this has meant initiatives like:

- **TAIL NOTCHING** to safeguard breeding females
- **LIMITING TRAPS** per harvester to manage effort on the fishery
- **SETTING SIZE LIMITS** on legal lobsters to maximize breeding potential
- **MANDATING APPRENTICE PROGRAMS** to ensure young lobstermen learn sustainability measures



"I am so proud of the commitment to sustainability that our fishermen practice every day. It not only helps maintain a healthy fishery for the next generation but also maintains a healthy ocean."

TOM MARTIN
LOBSTERMAN

Cape Elizabeth, Maine



MEET THE *MAINE* CHARACTERS

SADIE SAMUELS

Rockport, Maine

Ever since Sadie was little, she always wanted to go on her dad's lobster boat. After convincing him to take her out on his boat, Sadie quickly fell in love with lobstering. Now she runs her own lobster boat with 800 traps and owns a restaurant called Must Be Nice Lobster in Belfast, Maine — a business she built up from a farmer's market stand. Sadie is passionate about educating people on Maine Lobster's sustainability, and that there are young women in this industry.

SOURCE THE PERFECT PRODUCT FOR YOUR MENU

No matter your culinary need, Maine Lobster suppliers offer fresh and frozen products in a range of sizes. Popular forms of Maine Lobster include whole lobster, tail, knuckle and claw meat; value-added products; and mince.

MAINE LOBSTER SIZING

To maintain sustainability measures, we have minimum and maximum size limits that range from 3.25” to 5” along the carapace. These 3.25” to 5” Maine Lobsters range in weight from about 1 lb. to about 4 lbs., with 1.25 lbs. being a very common size.



PROCESSED PRODUCTS

IN SHELL	LOBSTER MEAT
Whole lobster	Tail, Claw, Knuckle Meat (TCK)
Whole tail	Claw, Knuckle Meat (CK)
Split tail	Claw, Knuckle, Leg Meat (CKL)
Lobster shell and body	Mince

MEET THE *MAINE* CHARACTERS

SONNY BEAL

Beals Island, Maine

Ever since he could remember, Sonny has spent countless hours on the water. From hauling traps to measuring lobster to learning about sustainable practices, Sonny’s father taught him the ins and outs of being a lobsterman. Over time, he’s used his father’s wisdom and built upon it by working with his wife to start a vinyl lettering business for boats and vehicles. He’s proud to see their custom work on boats across Beals Island when he goes out to catch lobster.



WHAT TO KNOW ABOUT HANDLING WHOLE MAINE LOBSTER

Whole Maine Lobsters can be purchased live or frozen, and frozen whole lobsters can be purchased cooked or raw.

COOKING WHOLE LOBSTER



LIVE

The most popular way to cook live lobster is steaming. Live lobster should be cooked the same day it is delivered, especially if its claws have begun to droop down. If your lobster maintains its vitality, holding its claws up, this lobster can be kept another day if stored properly in a refrigerator with a damp cloth.

FROZEN

The most common way to cook or reheat frozen lobster is steaming. Frozen whole lobsters should remain in original packaging until ready to be served and should be enjoyed within three to six months of freezing for optimal taste. Be sure to allow time for the lobster to thoroughly thaw in the refrigerator overnight.



HANDLING & STORING LIVE LOBSTER

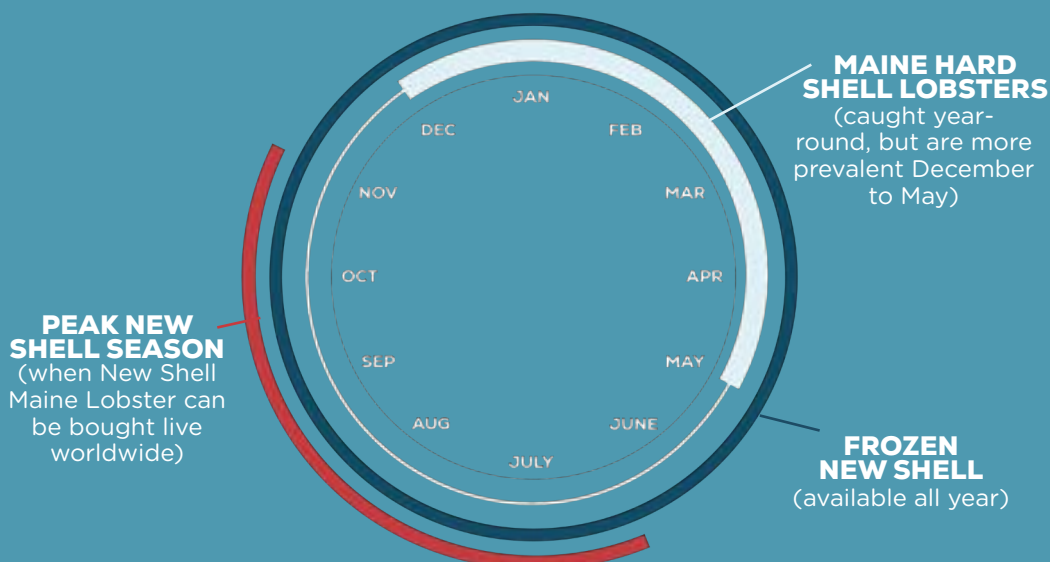
- Avoid dropping or throwing boxes that contain live lobsters when unloading them at your facility.
- Many shipments will include temperature monitors. Review the data on your monitors to ensure there have been no discrepancies in temperature throughout the shipping process. If there have been, contact your supplier. Gel packs that are no longer frozen or cold at the time of delivery could be an indicator of this.
- Remove lobsters from their packaging one at a time, grabbing them by the body, or carapace, whenever possible.
- If you do not have a tank in which to store live lobsters, keep them in their original packaging and place the boxes in a refrigerator.
- Have regular conversations and trainings to make sure that each employee and third party that interacts with your Maine Lobster shipment understands these rules and best practices.

WHY SELECT NEW SHELL MAINE LOBSTER?

New Shell Maine Lobster is coveted for its softer, easy-to-crack shell and tender, sweet flavor. Its superior taste is a result of the pure Gulf of Maine seawater that fills the lobster's newly formed shell and naturally "marinates" the meat, creating an intense and more "lobster-y" flavor.

New Shell Maine Lobster is perfect for lobster rolls and for recipes that extract maximum flavor from the whole lobster, like risotto and pot pie. And the sweet, tender and more delicately textured meat more readily takes on the nuances of flavors like herbs, spices, smoke, citrus and more.

MAINE LOBSTER AVAILABILITY



MAINE LOBSTER TAILS

Maine Lobster tails are a popular item and come in a variety of formats, including in-shell whole and split tails and pre-shucked tail meat. All can be shipped worldwide in frozen, cooked or raw formats and are available for purchase year-round.

COOKING WITH MAINE LOBSTER TAILS

All thawed tails should be refrigerated and enjoyed within two to three days of thawing.

Raw tail products are great for recipes that need extra time in the oven — starting with raw meat reduces risk of overcooking.

Thoroughly thawing frozen lobster tails results in a better taste and texture. To thaw, leave the tails in the wrapping or put in new wrapping and place on a plate in the refrigerator overnight. Tail will be slightly flexible when fully thawed.



MEET THE *MAINE* CHARACTERS

KATIE & THOM WERNER

Peaks Island, Maine

Katie and Thom Werner grew up just 6.7 miles apart in Maine, spending winters on the ice and summers on the water. After marrying and raising two children in Maine, Thom continued his family's legacy as a lobsterman while Katie worked at Maine Health. When an iconic Peaks Island restaurant became available, they saw an opportunity to create something that could be passed down to their kids: and The Island Lobster Co. was born. Today, Katie and Thom proudly serve food that's truly sea to table, with nearly all of the restaurant's lobster coming right from Thom's boat.

PROCESSING AND FREEZING TECHNIQUES

The Maine Lobster industry takes great measures to deliver the highest quality products to customers worldwide. The industry is constantly working to advance techniques which maintain quality and freshness for lobster products in transit.

FOR PROCESSED & FROZEN LOBSTER PRODUCTS, TECHNIQUES TYPICALLY INCLUDE:

1. High pressure processing
2. Traditional shucking
3. Liquid nitrogen flash freezing
4. Vacuum-sealed packaging



“The quality of our product is always a motivation for me — I’d never want to work making or selling a product that I didn’t believe was the best in the world.”

BEN CONNIFF
CO-FOUNDER OF
LUKE’S LOBSTER
Portland, Maine



FREEZING TECHNIQUE

Freezing Maine Lobster makes it even easier for diners around the world to enjoy Maine’s favorite crustacean. Frozen products offer many advantages to professional chefs and consumers alike, providing a longer shelf life than live products, keeping their flavor longer and reducing kitchen labor costs.

Throughout the freezing process, the Maine industry takes great care to preserve the texture and flavor of our products, investing in new technologies and constantly evaluating opportunities to make sure that the lobster that arrives at your door is as delicious as lobster enjoyed right off the dock.

Maine processors use superior nitrogen freezing for lobster, so the cell walls don’t break down in the meat, preserving the fresh taste and texture.

NITROGEN

Nitrogen is the quickest and most modern method of freezing — taking as little as 18 minutes — and preserves the fresh natural flavor and texture of the lobster. In a tunnel freezer, sub-zero nitrogen vapors are pumped into the chamber, surrounding the lobster and freezing it on contact. The nitrogen immediately turns into a gas when it comes into contact with the product, creating very minimal dehydration losses.



PICKED MAINE LOBSTER MEAT

Some of the most popular picked Maine Lobster products are claw and knuckle meat, which can be purchased either raw or cooked. These products are available fresh or frozen worldwide.

While tail, claw and knuckle meat is often packaged and sold together, other popular packages include claw and knuckle meat; or claw, knuckle and leg meat. The package you choose to purchase will depend on the type of recipe you are preparing.

CHOOSING THE RIGHT PRODUCT

Communicating closely with your Maine Lobster wholesaler ensures you can get precise quantities and combinations of picked meat packaged together or separately as:

**TAIL, CLAW, AND
KNUCKLE (TCK)**

**CLAW AND
KNUCKLE (CK)**

CLAW, KNUCKLE, LEG (CKL)

COOKING WITH MAINE LOBSTER MEAT

TCK lobster meat and CK lobster meat are often interchangeable, but chefs can request TCK if they have a specific dish that would benefit from the different textures found in the claw and knuckle versus the tail.



INCLUDE MINCE & VALUE-ADDED

In addition to being offered as a “center of the plate” option, Maine Lobster is also a popular ingredient in appetizers and dishes which incorporate lobster flavor, but do not feature lobster visually, such as lobster ravioli or lobster dip.

Lobster mince is perfect for these recipes and is often incorporated into pre-prepped value-added products.



• MINCE

Maine Lobster mince is obtained by extracting all of the meat from the shell, beyond just the meaty TCK areas. Mince is perfect for lobster ravioli, lobster dip and a host of other recipes that call for rich lobster flavor without heartier pieces of meat.

VALUE-ADDED PRODUCTS •

Maine Lobster wholesalers and processors offer a host of value-added products, including pre-shucked meat, spreads, lobster mac and cheese, and ravioli. These products allow restaurants and retailers to incorporate the delicious flavor of Maine Lobster into their offerings and provide consumers with an easy option that goes beyond the center of the plate.



IGNITE YOUR CULINARY CREATIVITY

ONE PREMIUM PROTEIN, UNLIMITED MENU INNOVATIONS

Need some inspiration for your next Maine Lobster dish? We get it. As you know, diners today are more adventurous than ever. Tapping into global flavors, unexpected formats and more can keep your Maine Lobster offerings fresh and exciting.



SATISFY MAINE LOBSTER CRAVINGS ON YOUR MENU MAINE-IFY THE CLASSICS

Sometimes, diner's favorite comfort foods need an unexpected twist. Why not deliver that with Maine Lobster? This premium ingredient can add a touch of briny sweetness and unlock new menu value with dishes like:

- **DEVILED EGGS WITH MAINE LOBSTER MINCE**
- **MAINE LOBSTER TACOS**
- **LOADED FRIES TOPPED WITH MAINE LOBSTER**
- **MAINE LOBSTER SLIDERS**
- **MAINE LOBSTER B.L.T**

SURF AND EARTH

Combining Maine Lobster with earthy flavors like beets, sage, saffron or pumpkin can balance Maine Lobster's natural sweetness. Try mixing the surf with the earth by:

- **ADDING MAINE LOBSTER TO A BEET SALAD**
- **TOPPING PAELLA WITH MAINE LOBSTER**
- **UPGRADING PUMPKIN RISOTTO BY INCLUDING MAINE LOBSTER**
- **SAUTÉING MAINE LOBSTER IN A SAGE-BROWN BUTTER SAUCE**



MENU INSPIRATION FROM THE MAINE LOBSTER CREATOR PARTNERS

Coconut Curry Maine Lobster
Created by Yanikie Tucker
(@jamdownfoodie)

ADD A TWIST TO INTERNATIONAL DISHES

As customers seek to expand their palates, many are opting for dishes that integrate more international flavors and cooking methods. Restaurants have an opportunity to infuse Maine Lobster into various global cuisines and can:

- **FILL A GREEK GYRO WITH MAINE LOBSTER**
- **SWAP IN MAINE LOBSTER IN BIBIMBAP**
- **MAKE FAJITAS SIZZLE WITH MAINE LOBSTER**
- **SERVE UP MAINE LOBSTER OKONOMIYAKI**



SOY AND MAPLE GLAZED
LOBSTER WITH COCONUT RICE

PAIR MAINE LOBSTER WITH THESE UNEXPECTED INGREDIENTS

Maine Lobster with butter and lemon is classic, but it's just the tip of the iceberg. Consider these less common, yet incredibly complementary, pairings the next time you're developing your menu.

- Mix **horseradish** into your lobster roll base for a sharp kick
- Swap out **miso-glazed** cod with lobster
- Make **fennel** or **peach** the base of a lobster salad
- Season lobster tails with **yuzu** kosho
- Baste lobster in **maple** butter



MENU INSPIRATION FROM THE MAINE LOBSTER CREATOR PARTNERS

Maine Lobster Fried Rice

Created by Erin Lynch (@platingsandpairings)

MENU INSPIRATION FROM THE MAINE LOBSTER CREATOR PARTNERS

Whole Stuffed Maine Lobster with Herby Artichoke Pancetta Bread Crumbs

Created by Evan Kalman (@evankalman)



MENU INSPIRATION FROM THE MAINE LOBSTER CREATOR PARTNERS

Grilled Whole Maine Lobster with Escovitch Butter

Created by Yanikie Tucker (@jamdownfoodie)

UNLOCK CULINARY POTENTIAL

CLAW TO TAIL

When you order Maine Lobster, you can unleash all kinds of value from the various parts of the lobster itself. Whether it's using mince to add flavor or repurposing the shell to make a statement, Maine Lobster can be utilized in a variety of ways to add value to your menu and reduce waste.



TAIL

The bulk of meat on a lobster, incorporate this into any recipe calling for lobster meat or as a standalone protein; cook in a variety of ways, from grilled to sautéed.



BODY (CARAPACE)

Clean and use for unique plate presentation; use clean shell for stocks, bisques, and sauces, turning “waste” into a new revenue stream and a flavor-enhancing ingredient for other dishes.



MINCE

Small amounts of meat found throughout the lobster, such as in the fins and carapace, that pack rich lobster flavor.



LEGS

Use as a garnish or for stock; larger lobsters have a flavorful portion of meat that's worth extracting from where the joint meets the body.



CLAW

Hearty amount of meat; incorporate into any lobster recipe or leave whole to garnish a dish.



KNUCKLES

Extract from the arm for savory meat; lobstermen's favorite part of the lobster.



“You don't want to be wasteful. That's the biggest thing. Especially in my kitchen, I try to have 0% waste. We have a utilization for almost everything.”

CRAIG TOOKER
EXECUTIVE CHEF

Amrit Ocean Resort



MEET THE *MAINE* CHARACTERS

LUKE HOLDEN

Portland, Maine

Luke comes from three generations of lobstermen and even built his own lobster boat in high school. After going to college and working on Wall Street, Luke realized quickly that the finance life wasn't for him. Craving a taste of home in New York City, Luke worked with his co-founder Ben Conniff and his dad to open Luke's Lobster. At home, Luke, his wife and his three daughters will go on the water together to haul traps and partake in the Holden family tradition.

MASTER CORE KITCHEN TECHNIQUES

HOW TO SHELL MAINE LOBSTER

Share this guidance with your kitchen staff or even ordering whole Maine Lobster.

1.

Twist the claws off lobster

2.

Remove the tail by arching the back of the lobster until it cracks

3.

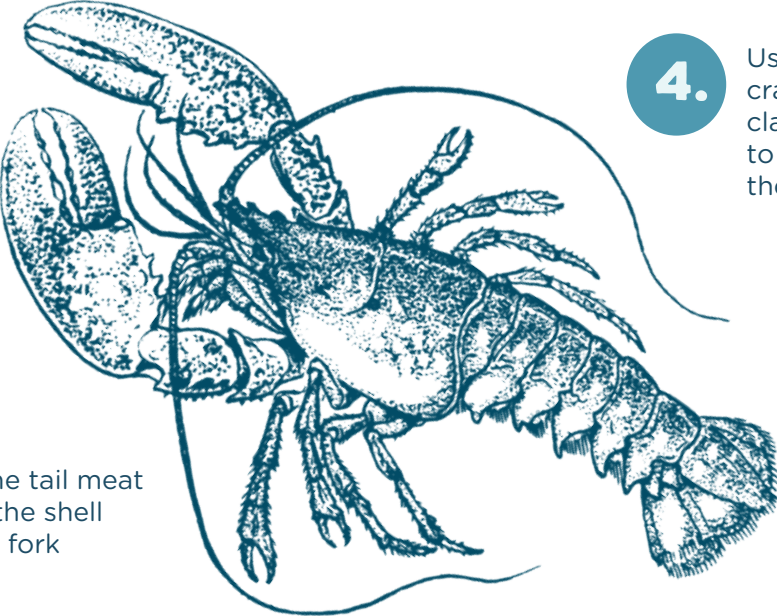
Push the tail meat out of the shell using a fork

4.

Use your hands or a cracker to break into the claw. Using a fork or pick to remove the meat from the knuckles and legs

5.

Break the legs from the body and use a rolling pin to extract the meat



HOW LONG SHOULD I COOK WHOLE MAINE LOBSTER?

Whole Maine Lobster comes in a range of sizes and knowing how long to boil or steam them ensures perfectly cooked meat every time. Make sure to use a large pot, salt your water, stir the lobsters halfway through cooking and let them rest for 5 minutes to absorb the moisture in the shell.

MAINE LOBSTER BOILING TIMES		MAINE LOBSTER STEAMING TIMES	
1 LB	8 mins	1 LB	10 mins
1.25 LBS.	9-10 mins	1.25 LBS.	12 mins
1.5 LBS.	11-12 mins	1.5 LBS.	14 mins
1.75 LBS.	12-13 mins.	1.75 LBS.	16 mins.
2 LBS.	15 mins.	2 LBS.	18 mins.
3 LBS.	25 mins.	3 LBS.	25-30 mins.
5 LBS.	35-40 mins.	5 LBS.	40-45 mins.

HOW TO MAKE MAINE LOBSTER STOCK

Making Maine Lobster stock is a simple way to reduce waste and becomes the perfect base for dishes such as risotto or bisque. Feel free to experiment with other vegetables and aromatics.

DIRECTIONS:

1. Add olive oil and butter to a hot pan.
2. Add Maine Lobster shells and sauté for 5-10 minutes, stirring occasionally.
3. Once the shells turn bright red, add vegetables (such as onions, carrots and garlic) and fresh thyme, cooking for another 5-10 minutes and stirring occasionally.
4. Add brandy, carefully tilting the pan away from you to flambé. Place pan back on burner to cook off alcohol.
5. When flames subside, add water to cover and bring to a simmer, cooking for 30-45 minutes.
6. Strain and cool the Maine Lobster stock. Use immediately or freeze for future use.

SHOWCASE MAINE LOBSTER’S NUTRITIOUS SIDE

Whether your restaurant is health-focused or you’re trying to appeal to health-conscious diners, Maine Lobster offers a powerful combination of premium appeal, incredible flavor and an impressive nutritional profile.

Gram for gram, Maine Lobster has fewer calories and fat compared to roasted, skinless chicken breast, whole poached eggs and cooked lean beef. Plus, it’s positively packed with protein and nutrients.

USDA SERVING RECOMMENDATION

The USDA recommended serving size for cooked lobster is 3 oz. or 85 g and contains:¹

AMOUNT PER SERVING	
CALORIES	80
TOTAL FAT	0.5g
TOTAL CARBOHYDRATES	0g
PROTEIN	16g



A PREMIUM PROTEIN OFFERING

Maine Lobster is an excellent source of lean protein and can help keep you full for longer. With 16 grams of protein per serving, it provides you with about 1/3 of your recommended daily value.

AN UNEXPECTED NUTRIENT POWERHOUSE

Lobster contains about 200 milligrams of omega-3 fatty acids per serving, helping to improve heart health and fight inflammation. Lobster is also a good source of a variety of other nutrients your body needs, including vitamin B12, copper, zinc, selenium, phosphorus and magnesium.

EXPLORE MORE MAINE LOBSTER RESOURCES

Find a supplier

<https://lobsterfrommaine.com/how-to-buy/>

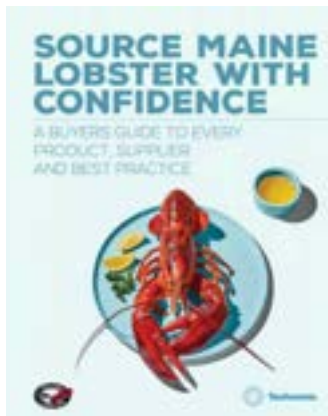
Visit our website

<https://lobsterfrommaine.com/>

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to explore Maine Lobster dishes, people and more

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Guide for Procurement**



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Guide for General Managers**



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