

Preparation Guide **Lobster Preparation**



- 1.** Remove claws then lay the body flat on a chopping board.



- 2.** Insert a sharp knife into the back of the head and cut along the natural line down to the tail to cut the body in half.



- 3.** Remove the stomach sac from behind the eyes and check the tail meat for dark vein - remove if present.



- 4.** Claw - Remove the small pincer. Break the claw into its natural sections. Crack the shell and remove all shell to extract the meat.

Every little helps