

AMERICAN LOBSTER
HOMARUS AMERICANUS



DESCRIPTION:

The American Lobster also known as the “Maine” or “Canadian Lobster” is found on the East Coast of the United States as far south as North Carolina and North through Canada. They are known for their two very distinct claws, the “crusher” which is larger claw used to crush it’s prey and the “ripper” which is thin and pointed, to rip the meat out after it has been crushed. Lobster molt 3-4 times per year and after they molt their shell is larger than their body, so the swell with water in order to fill the shell. These are called soft shelled lobsters and are less expensive although the meat does not cook properly and is often mushy. Hard shell lobsters have fully filled their shells and usually catch a higher price although the quality of meat is well worth it.

EATING QUALITIES:

The American lobster has sweet firm meat that is rich and full of flavor. The “Corral” is the eggs or the roe of the lobster, which turns a deep red when cooked. The “Tomalley” is the pancreas, liver and other internal organs of the lobster that is often mixed up and used as a sauce to dip the meat into.

FISHING METHODS AND REGULATIONS:

Lobsters are caught by the pot method, they are not always sold immediately and are often held in man-made salt-water ponds or tanks before they are sold. Each area where lobsters are legally caught is subject to its own season. The duration and seasonality for each opening is synchronized with the molting period of the lobsters in an effort to protect this natural resources.

SOLD AS:

- Live - Chicks (1 lb), Quarters (1.25 lb), Halves (1.5lb), Deuces (2 lb) and up
- Culls - Live lobsters missing one claw
- Stills - Dead lobster, usually frozen, used for soups and stocks

NUTRITIONAL INFORMATION
 3.5 oz raw portion

Calories	90
Sodium	296 mg
Protein	18.8 g
Total fat	.9 g
Carbohydrate	0 g
Cholesterol	95 mg

- COOKING METHODS**
- Boiled
 - Baked
 - Broiled
 - Grilled

HANDLING

Live lobsters should be placed immediately into your salt-water tank when received. They may also be placed in the refrigerator with a damp cloth or moistened seaweed to cover them. Cooked meat will keep refrigerated for 3 days.

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