

Lobster — Hot 'n Cold

Seafood

Lobster harvesting has been a Long Island tradition since colonial times. Lobsters are primarily harvested in Long Island Sound with baited pots that are set at the bottom and marked by buoys. The lobster pots used today are similar to the pots that were used throughout the Northeast for decades. But in recent years the lobster industry has implemented several improvements, one of which is an increase in the size of the opening in the pots, allowing more young and undersized lobster to return to open waters.

Lobsters have a unique lifestyle. Adult lobsters live and feed on the Sound's rocky bottom along Long Island's north shore. They generally spend their lives in or around the same locality and don't tend to migrate far. They are nocturnal animals that generally avoid sunlight, and will seek out crevices in the rocks to spend the daylight hours, especially in shallow waters. Lobsters eat a variety of slow moving bottom-dwelling shellfish like mussels, clams, sea urchins, starfish, worms, crabs—even small fish. With such a delicately flavored diet, it's no wonder that lobster meat has a sweet flavor and firm texture that many consider to be the best food the sea has to offer.

—New York Seafood Council

Lobster can be enjoyed in a variety of ways. According to the New York Seafood Council, lobsters are at their best in simple presentations in which whole lobsters are boiled or steamed and served with drawn butter.

How to boil lobster

1. Fill a large kettle 3/4 full of salted water; allowing 2 1/2 quarts per lobster.
2. Bring the water to a boil and put the live lobsters in one at a time, head first.
3. Once the water returns to a boil, simmer for an additional 10-15 minutes for a 1 to 1 1/4 pound lobster.
4. Add 2 to 3 minutes for each additional pound.

Teacher Heather Lesiewicz made this lobster salad for an end-of-school celebration. Heather is the daughter of 30-year veteran lobsterman Greg Lesiewicz.

Heather's Lobster Salad

Ingredients

- 3 lobsters, live (1 to 1 1/4 lbs each)
- 1/2 cup celery, finely chopped
- 1/4 cup yellow pepper, finely chopped
- 1 large sweet onion, finely chopped
- bunch of parsley, fresh for garnish
- 3/4 cup mayonnaise
- salt and pepper to taste

Method

Boil lobsters using the suggested steps. Remove from pot and allow lobster to cool before handling. Remove lobster meat from the tail, body, and claws. Dice the lobster meat and add the rest of the ingredients, saving the mayonnaise for last. Mix gently to combine. Refrigerate. Serve on greens or your favorite bread or crackers. Serves 8-10 as appetizers.



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121 Discovery Hall
Stony Brook University
Stony Brook, New York
11794-5001

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