

# BEAL'S

## LOBSTER PIER

Since 1932



## from our pier to you

The days start early in Southwest Harbor, Maine. Ever since 1932, Beal's Lobster Pier has been no exception. If you swing by Clark Point Road today you'll experience a lot of the things you would've seen then — fishermen splicing lines, tying off boats, and hauling in the freshest seafood around. At Beal's, only the freshest will do.

*Enjoy!*





## preparing the perfect lobster

At our restaurant, we boil lobsters in seawater, for that perfect fresh-from-the-ocean taste. Well-salted water is the next best thing!

### **Instructions:** □

- 1.** Choose a pot large enough to hold the lobsters comfortably; don't crowd them.
- 2. If boiling,** fill with fresh seawater or water salted to taste, 3 quarts of water per 1 ½-2 lbs. of lobster. **If steaming,** add water to a depth of three inches to bottom of the pot.
- 3.** Bring to a rolling boil.
- 4.** Add live lobsters one at a time. Start timing immediately. **If boiling, do not cover.**
- 5.** Stir halfway through cooking and let them rest for 5 minutes or so after cooking.

*Note: Times vary by cooking method and weight. See chart to avoid over- or under-cooking. For timing, use the weight of individual lobsters, not total weight of all lobster being cooked.*

<b>Weight (lbs.)</b>	<b>Boiling (min.)</b> <i>faster to cook, easier to get out of the shell</i>	<b>Steaming (min.)</b> <i>takes longer, but slightly more tender, flavorful meat</i>
1	8	10
1 ¼	9-10	12
1 ½	11-12	14
1 ¾	12-13	16
2	15	18
2 ½	20	22
3	25	25-30
5	35-40	40-45

**So when are they done?** Cooked lobster turns bright red, but the best way to ensure a lobster is fully cooked is to crack it open where the body meets the tail. If it's done, the meat will be white.

**If you ordered cooked lobsters, the reheating instructions are as follows:**

1. Upon receiving your lobsters, check to make sure they're cold, and re-ice if necessary, or refrigerate. Note: Cooked lobster can be frozen a short time, but it will alter the texture somewhat.
2. Re-heat the lobster for about 10 minutes in a good-sized pot with only a half-inch of salted water, boiling very vigorously, tightly covered.
3. Your lobsters should be enjoyed within 3 days of arriving.

**Hungry for more?** Get cooking directions on parboiling your lobster for use in pies, casseroles and more at [bealslobster.com/cooking](http://bealslobster.com/cooking)

If you have any questions, do not hesitate to call us at 207 244 3202!



# eat, drink & be messy



**Step 1.** Twist each claw off from the body, next, just separate the claw from knuckle by breaking backwards



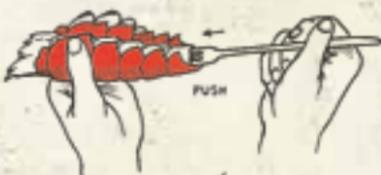
**Step 2.** Pull the "thumb" away from the big claw (getting messy, right?)



**Step 3.** Make sure to dig the meat out of the knuckle!



**Step 4.** Did we mention messy? Next, twist the tail away from the body.



**Step 5.** Break the flippers off the tail (but don't toss 'em, suck the meat out of each little pocket).



**Step 6.** Push the tail meat out, be sure to de-vein the meat!



**Step 7.** Twist the small legs off and suck the meat out of each one. Some people eat the green tomalley. The choice is yours.

still hungry?

Order online at [bealslobster.com](http://bealslobster.com)

or email us at [orders@bealslobster.com](mailto:orders@bealslobster.com)

or give us a call at 207 244 3202.

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