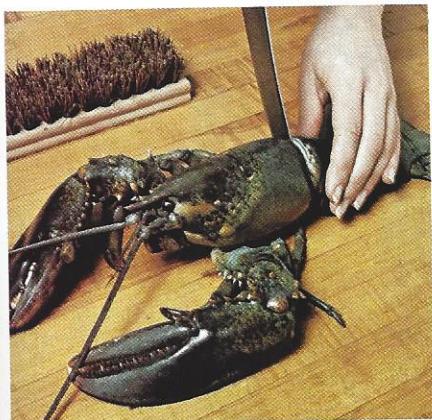


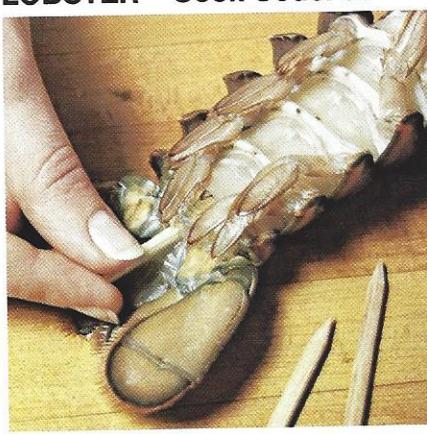


Microwaved Whole Lobster

### HOW TO MICROWAVE A WHOLE LOBSTER Cook Code: 90



**Plunge** the tip of a heavy knife into live lobster between the head and first segment to sever the spinal cord, which kills lobster. Lobster may show signs of movement for a few minutes. **Alternate Method:** Place lobster in sinkful of warm water for 15 minutes.



**Peg** the tail to prevent curling by inserting a wooden skewer lengthwise through the meat. At this time, or after lobster is cooked, cut through the undershell of the body and remove the intestinal vein and small sack below the head.



**Arrange** lobster in baking dish with the back down and add  $\frac{1}{2}$  cup hot water. Cover tightly with plastic wrap, turning back one corner to vent. **Microwave at High** turning lobster over after 6 minutes.