

recipe from The Food Doctor

dunked lobster

5 carrots, peeled, cut into 1-inch segments
5 celery stalks washed and cut into 1-inch segments
2 large onions, quartered
5 cloves of garlic, smashed
tops of a fennel bulb, cut into 1-inch segments
12 peppercorns
6 tablespoons of salt
4 lobsters between 1.75 to 2 pounds each

Put the vegetables, peppercorns and salt in a large stockpot. Fill with 3 – 4 quarts of water. Bring to a boil. If your pot is not large enough for 4 lobsters, cook one at a time. Put the lobster headfirst into the pot. Make sure it is fully submerged. Once the water comes back to a boil, cover the pot with the lid and turn off the heat. Don't peek; let lobster cook undisturbed for 8 – 9 minutes per pound. Remove and cool under ice water if not using immediately. Meanwhile, bring the pot of water back to a boil, adding more water if needed and cook another lobster, repeating the process until all lobsters are cooked.

Pull the lobster apart between the body and the tail. Remove the green liver or tomalley in both halves.

Cut out the tail meat in one piece. It will be easiest to use kitchen scissors to cut along the sides of the tail. Reserve shells to make lobster stock. Carefully remove the intestinal sac.

Sever each claw from the knuckle pieces. Cut claws along the edges. Carefully wiggle out the claw meat in one piece. Reserve shells for stock. Do the same with the knuckle pieces. Twist off the legs and remove the meat, reserving the shells for stock. Lift off the body shell and reserve for stock. Discard the feathery gills. Cut the body into 4 segments and pick out the meat.