

BOILED LOBSTER TAIL, FROZEN

Yield 100

Portion 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
174 cal	2 g	36 g	1 g	127 mg	957 mg	114 mg

Ingredient

LOBSTER,FROZEN,SPINY,TAIL
 WATER,BOILING
 SALT
 PARSLEY,FRESH,BUNCH,CHOPPED

Weight

50 lbs
 33-1/2 lbs
 2-1/2 oz
 8 oz

Measure

4 gal
 1/4 cup 1/3 tbsp
 3-3/4 cup

Issue

8-3/8 oz

Method

- 1 Drop frozen tails into boiling salt water to cover, allow 1-1/3 tablespoons salt per gallon of water.
- 2 Return water to a boil; simmer 15 minutes or until tails turn a brilliant red or bright orange. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Drain.
- 3 Slit underside of tail lengthwise; remove membrane.
- 4 Garnish with parsley. NOTES: Lobster tails may be steamed. Steam in a 5 pound PSI steamer for 12 to 15 minutes or in a 15 pound PSI steamer for 10 to 12 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.