



DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

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FWS ISSUES NEW BOOKLET ON LOBSTER COOKERY

Not only recipes for cooking lobsters but illustrations on how this shellfish should be eaten are included in a new fish-cookery publication, How to Cook Lobsters, released today by the Fish and Wildlife Service of the Department of the Interior.

The booklet contains 33 choice recipes developed and kitchen-tested by the Service's staff of home economists.

Two kinds of lobsters--the large northern and the spiny or rock lobster--are familiar to most housewives in this country.

The northern lobster is particularly prized by gourmets for its sweet pink and white meat. These lobsters are found along the Atlantic Coast from Labrador to North Carolina but the bulk of the United States catch is made along the Maine coast. They usually weigh from one to three pounds when alive.

The spiny, or rock lobster, found off Florida and southern California ranges through the tropical, subtropical and temperate waters of the Atlantic, Pacific, and Indian Oceans. Spanish and Central Americans call it "langosta".

The spiny lobster can be easily distinguished from the northern lobster by the absence of the large, heavy claws that are so characteristic of the northern lobster, the presence of many prominent spines on its body and legs, and its long, slender antennae. The meat of the spiny lobster comes almost entirely from the broad tail.

Modern handling and transportation methods now make it possible for people living far inland to enjoy the tender, delicately flavored meat of the lobster.

The cooked meat of the northern lobster, picked from the shell, is marketed fresh, frozen, and canned. Frozen spiny lobster tails have gained wide popularity since their appearance in the market and they can now be purchased throughout most of the United States.

Some of the recipes included in the new publications are: Lobster and Cheese Delights, Lobster and Orange Cocktail, French Fried Spiny Lobster Tails, Baked Stuffed Lobsters with Cheese, Lobster Thermidor, Lobster Newburg, Lobster Tarts, Lobster in Sour Cream, Lobster and Walnut Sandwiches, and Lobster Waffles.

A page of five pictures is devoted to illustrating the essential steps in "how to eat a lobster" so that only the shell is left.

Generously illustrated, How to Cook Lobsters is listed as No. 11 in the Service's Test Kitchen Series of fish-cookery publications. It may be purchased for 20 cents a copy from the Superintendent of Documents, Government Printing Office, Washington 25, D. C.

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