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Safely Cooking Seafood: Crabs & Lobsters



Basic cooking tip:

Crabs & lobsters can be cooked in multiple ways before consumption. The most important thing to remember is that the right temperature must be achieved to ensure harmful bacteria that can cause illness are killed. Using a clean food thermometer to measure the temperature can help make sure foods are cooked all the way through.

Proper temperatures or tips to know crabs & lobsters are fully cooked:

- Flesh is pearly & opaque
- Leftovers: 165 degrees F

Cooking Methods for Crabs and Lobsters:

1. Dry Heat: baking, grilling, broiling
 - Bake at 450 degrees F for 12 minutes per 2 ounces.
 - Grill lobster for 5-7 minutes.
 - Broil for 15 minutes per 5 ounces.
2. Moist Heat: steaming, boiling, parboiling
 - Steam lobster for 10 minutes per pound, or allow 15-18 minutes for a 1.5-2 pound lobster.
 - Steam 2-3 dozen crabs for 25 minutes.
 - Boil for 8 minutes per 1-1.5 pounds of lobster, or 10 minutes for a 1 pound lobster, with an extra 3 minutes for each additional pound.
 - Parboiling allows for refrigerating or freezing a lobster to finish cooking later. Parboil for 2 minutes per pound.

Important tip: Season crabs and lobster during the cooking process for optimal taste and flavor.