



If it isn't fresh, it isn't Legal!

LEGAL SEA FOODS

COOKING INSTRUCTIONS

READ
IMMEDIATELY



1-800-328-3474

www.sendlegal.com



Pre-cooked lobster instructions:

To reheat your cooked lobsters, remove them from sealed plastic bag and follow the cooking instructions below. You may also want to serve your cooked lobster meat as a cold salad or add it to your favorite recipe. Lobsters can be refrigerated for three additional days upon arrival.

Boiled: Bring a pot of lightly salted water (2 tsp./qt) to a full boil. Place lobsters head first into pot. When water returns to a boil, cover pot and boil for approximately 3 minutes.

Caring for your lobsters before cooking:

All Lobsters should be cooked the day they arrive. The lobsters are best left in the shipping box with cover on until just prior to cooking. You may also store the lobsters in the refrigerator crisper atop a handful of seaweed. **DO NOT** put lobsters in the sink or bathtub - lobsters die in fresh water.

REMEMBER - Remove gel packs before cooking.

Although the lobsters may appear motionless, they have been carefully packed, are alive, and ready to prepare. A sure sign that you cooked a healthy and fresh lobster is a curled up tail after steaming or boiling. Also, the meat in the tail will be firm after cooking.

If you are unable to enjoy your lobsters the day they arrive, we recommend cooking and refrigerating them immediately. To re-heat please follow the “Pre-Cooked Lobster Instructions” on the previous page.

Boiling your lobsters:

Bring a full pot of lightly salted water (2 tsp./qt) to a rolling boil. Place lobsters head first into pot. When water begins to boil again, cover and time carefully (see cooking time below).

Steaming your lobsters:

Place steel rack in bottom of pot. Add water, 1 - 1 1/2 inches deep, in bottom of pot. Lightly salt water. Bring to a full boil. Place lobsters on rack, no more than two deep. When water begins to boil again, cover and follow cooking times below:

Lobster Size	Steam	Boil
1 1/4 lbs.	12 min.	9-10 min.
1 1/2 - 1 3/4 lbs.	15 min.	12 min.
2 lbs.	18 min.	15 min.
3 lbs.	25-30 min.	25 min.

Microwaving your lobsters:

Always use 100% power. If in doubt, undercook, look, then cook again. Always allow some time before removing wrap or cover. Let stand for temperature to permeate throughout piece. If oven is not equipped with carrousel, turn dish around halfway through cooking. A special cooking bag will enhance the inherent taste of food. For a 1/4 lb. lobster, the cook-in-a-bag method gives the best results. Place the live lobster in the bag (fresh seaweed can be added). Twist bag-open end closed-tuck ends down in a dish. (Most likely bag will be punctured by some of the prickly lobster shell.) Cook for 8 minutes at 100% power. Let stand at least 5 minutes before opening bag.

Reheating Instructions for Cooked Lobster Tails:

Steamed with water:

Preheat oven to 350°. Place lobster tails in aluminum foil with two teaspoons of water and seal tightly. Heat in oven for approximately 18 minutes. (Do not open foil while tails are heating)

Steamed with butter:

Preheat oven to 350°. Place lobster tails in aluminum foil with one teaspoon butter and one teaspoon of water and seal tightly. Heat in oven for approximately 18 minutes. (Do not open foil while tails are heating)

Serve with drawn butter and lemon wedges.

HOW TO EAT A COOKED LOBSTER!



1 Remove claws from the body of the lobster.



2 With a clawcracker, crack open the claw and knuckle segments and slide the meat out.



3 Snap off the tail section.



4 Break off the flippers from the tail.



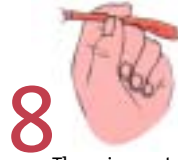
5 Use a small fork to push meat out.



6 Separate the carapace shell from the body



7 Perforate the center of the body with your thumbs and crack it open. Remove the meat.



8 There is meat in the walking legs, also.



Legal Sea Foods Inaugural Clam, Rhode Island Red, and Fish Chowder

- 1.) Remove chowder from quart container/gallon bag.
- 2.) Heat chowder over medium heat, stirring frequently until piping hot and potatoes are tender.
- 3.) Serve with oyster crackers.

Littleneck Clams, Steamers, and Mussels

Best if consumed within 24 hours.

Steaming instructions:

Steam your clams for best results. Start by putting one inch of water on bottom of cooking vessel (pot, wok or pan). After water comes to a boil, place steamer inside cooking vessel. Lower netted bag of clams into steamer. Remember to dispose of any cracked or opened clams. Cover cooking vessel with a tight lid and steam approximately 8 minutes or until clams open, whichever comes first. Remove netted bag and gently remove clams. Serve immediately with melted butter or cocktail sauce.

Helpful Tip!

If you are steaming the lobsters, simply place the netted bag of clams on top of the lobsters and steam both at the same time.

Shucking Oysters

Shucking oysters (removing their shells) is quite simple. The thickness of the shells depends on the variety. You should always protect your hands with cloth or rubber kitchen gloves. A trick to open the shells easier is: You could place the oysters in the freezer for about 5 minutes, which will lull them into relaxing their muscles.

Take an oyster and place the curved part of its shell in the palm of your hand. The halves of the oyster shell are tightly closed, and it can be difficult to pry them apart with a knife. Decide where the seam is, insert the point of the knife into it, and wriggle the knife. If you are successful, the oyster shell will open a crack, and you will be able to finish the process using your hand. While you are maneuvering the oyster, be sure to hold it level so that you don't lose the liquid. Next, run the oyster knife along the top shell to release the oyster into the bottom half of the shell. Pull off the top shell and discard it. Scoop out the oyster flesh with the knife.

If this process makes you a little nervous, try the towel technique. Shield your hand with a kitchen towel to hold the oyster, grasp the oyster, and hold it down on the kitchen counter-the towel will keep it from slipping. If you have a hard time finding the seam, look for the back of the oyster where the hinge is. Insert the oyster knife in the hinge and pry up the shell to separate the top from the bottom shell. Then follow the instructions above.

Raw oysters, served on the half shell with cocktail sauce and a lemon wedge for squeezing, is the number one oyster preparation at our restaurants.



Clambake Supreme

CONTENTS INCLUDE:

LIVE Lobsters, Littleneck Clams, Corn on the Cob (Seasonal), Red Bliss Potatoes, Clam Chowder, and Linguica Sausage.

EASY COOKING INSTRUCTIONS

Caring for your Clambake Supreme before cooking:

- All clambakes should be cooked the day they arrive.
- Keep refrigerated prior to cooking.

Preparing to cook:

- Remove the lid and take gel pack, clam chowder, oyster crackers, sausage, clam crackers, and lemon out of pot. **DO NOT DISASSEMBLE REMAINING CONTENTS!** They have been layered carefully for cooking.
- Add 2 cups of water, beer, or white wine.
- Replace the lid leaving a slight opening so that you can begin timing when steam begins to escape through the crack.

Cooking your Clambake Supreme:

- Set lobster pot on HIGH HEAT.
- When you see a CONSTANT FORCE OF STEAM, replace lid tightly and begin TIMING FOR 20 MINUTES.
- While your Clambake Supreme is cooking, you can begin to heat your clam chowder slowly over low heat, stirring occasionally.
- Sauté sausage until browned.

Preparing to eat your Clambake Supreme:

- Remove the pot from the stove USING OVEN MITTS . Pot is VERY HOT.
- Remove the cover and CAREFULLY take the lobsters, corn, potatoes, etc. out of the pot and put onto plates.
- Corn and potatoes may require additional cooking time depending on your taste.
- Take the steamers, corn and potatoes out of netting.
- Heat clam chowder over medium heat until piping hot and potatoes are tender.
- Serve with clambake, sausage, and oyster crackers.

Checking your lobsters and littleneck clams for doneness:

- The lobster tails should be curled up underneath the body.
- The tail should spring back if you try to straighten it out.
- The lobster meat will be firm.
- The lobsters should be bright red.
- All the steamers should be opened.

DO NOT TOUCH POT WITH BARE HANDS DURING OR AFTER COOKING!

For your convenience, we have cleaned all products. However, if you find the clams to be a little sandy, dip them in boiled water. Simply serve with drawn butter and lemon juice.

Cioppino

LOBSTER TAILS (INCLUDED)	MUSSELS (INCLUDED)	3 FL OZ OIL
SCALLOPS (INCLUDED)	LITTLENECKS (INCLUDED)	1 CUP WHITE WINE
SHRIMP (INCLUDED)	2 QTS CIOPPINO SAUCE (INCLUDED)	3 TBSP CHOPPED BASIL

Preparation Method:

- Step 1 Heat vegetable oil in a large pot on medium heat. Add littlenecks heat for 2 minutes.
- Step 2 Add mussels to hot pan for a few seconds, turn.
- Step 3 Add white wine and scallops and reduce by 1/2.
- Step 4 Add cioppino base. Bring to a boil. Reduce heat, cover and simmer for 4 - 5 minutes.
- Step 5 Add shrimp and basil. Cook for 2-3 minutes on medium heat.
- Step 6 Add lobster just to heat through
- Step 7 Arrange mussels and clams around bowl.
- Step 8 Pour remaining ingredients into bowl placing lobster tail in the center.

Sensitivity/Quality Issues:

- Do not flame shellfish in step 1.
- Do not bring shellfish to a hard rolling boil.

Crab Cakes:

1. Form each crab cake into a patty.
2. Pan fry until golden brown or until it reaches 140° degrees.
3. Enjoy!



Double Stuffed Shrimp and Chowder for 2

Package Includes: 1 Pound of Jumbo Peeled and Deveined Shrimp
1 Pint of Legal Sea Foods Buttery Crabmeat and Cracker Crumb Stuffing
1 Quart of Legal Sea Foods Clam Chowder
Oyster crackers

Preparation and Cooking Instructions:

- 1.) Preheat the oven to 350 degrees.
- 2.) Pour 1-2 ounces of water and 1-2 ounces of vegetable oil on bottom of baking pan or casserole dish depending on size of dish.
- 3.) Flatten 1 teaspoon of stuffing mixture on bottom or butterflied part of shrimp, a base for the shrimp to sit on.
- 4.) Shape 2 tablespoons of stuffing mixture into an oval shape and place on top of shrimp.
DO NOT OVERPACK!!
- 5.) Bake for 12-15 minutes or until shrimp is cooked and stuffing is slightly browned on top and bottom.
- 6.) Heat chowder on stovetop until piping hot and potatoes are tender.
- 7.) Serve shrimp with lemon and chowder with oyster crackers.
- 8.) Enjoy!!

Wontons

Steaming:

Steam for approx. 6 minutes – internal temperature of 165 degrees.

Frying:

Fry until golden brown – internal temperature of 165 degrees.

Nothing is stated about dipping sauce except store below 40 degrees for up to 7 days.

Wontons should be stored covered to prevent drying out, refrigerated for up to 7 days.

LEGAL SEA FOODS FRESH FISH PREPARATION GUIDE

Seafood	Grill	Broil	Saute	Bake	Fry	Steam	Cooking Time (375 degrees)	Special Recommendations
Arctic Char	X	X					10 minutes per inch of thickness	Marinate in vinaigrette or try w/ cajun spices
Flounder		X		X			10 minutes per inch of thickness	Stuff filets with spinach and cheese, sprinkle with legal breadcrumbs and bake
Cod (Scrod)		X		X	X	X	10 minutes per inch of thickness	Bake with mild cheddar cheese and Legal's bread crumbs
Grey Sole		X	X	X			10 minutes per inch of thickness	Broil with Monterey Jack cheese, Legal's bread crumbs and a squeeze of lemon
Haddock		X		X	X		10 minutes per inch of thickness	Bake with Legal's seasoned bread crumbs, a touch of wine, and a squeeze of lemon
Salmon	X	X				X	10 minutes per inch of thickness	Season with cajun spices or coat with teriyaki marinade
Sea Scallops	X	X	X	X	X		In a single layer - 10 minutes per inch of thickness	Season with salt, pepper, lemon juice, and a touch of white wine, then broil or bake
Swordfish	X	X					10 minutes per inch of thickness	Try a grilled swordfish kabob with fresh corn, mushrooms, corn, peppers, tomato, and seasoning
Rainbow Trout	X	X	X				10 minutes per inch of thickness	Pan saute dredged in flour, with white wine, garlic, and slivered almonds
Tuna	X	X	X				10 minutes per inch of thickness	Grill or broil with vinaigrette or teriyaki
Lobster						X	1 1/4 - 1 1/2 lb. lobsters, 12 minutes 1 1/2 - 2 lb. lobsters, 15 minutes	Try adding some beer, wine, or seaweed to your pot for extra flavor!
Shrimp (uncooked)	X		X	X	X	X	Dependent on size, 3-4 minutes	Steam with rice and vegetables for a healthy, low fat meal, or saute with garlic butter and wine
Bluefish	x	x		x			10 minutes per inch of thickness	Bake or broil with a spicy mustard sauce



BOSTON CREAM PIE

HEATING INSTRUCTIONS

- 1) Place the foam container upside down.
- 2) Remove the styrofoam and plastic wrap from cake and place on a microwave safe dish.
- 3) Heat cake for 15 seconds or until warm to touch.
- 4) Remove from microwave and pour room temperature chocolate sauce over the Boston crême pie.
- 5) Serve and enjoy!

** Great served with a scoop of vanilla ice cream.



CHOCOLATE PUDDING CAKES

HEATING INSTRUCTIONS

- 1) Peel off aluminum cup.
- 2) Place pudding cake top down on a microwave-safe dish.
- 3) Heat about 30 seconds or until warm to touch.
- 4) Serve and enjoy!

** Great served with a scoop of vanilla ice cream.