



Steamed Lobster

courtesy Alton Brown

For more information on steaming lobster please view this youtube [video](#) by Alton Brown

Serves 4

Ingredients

For the Lobsters:

- 4 Lobsters
- Biggest, oldest cooking pot with a lid
- smooth, clean, round rocks
- Fresh parsley
- Fresh rosemary
- Fresh thyme
- water
- timer

Drawn Butter:

- 1 lb unsalted butter
- saucepan
- metal spoon
- heatproof bowl
- fine mesh sieve (optional)
- cheesecloth (optional)

Directions

For the Lobsters:

1. Place rocks in pot and fill pot just below top of rocks with water. Place on stove and bring to boil.
2. While you are waiting for the water to boil, place lobsters in freezer to chill. This slows their metabolism and makes the process "friendlier" for them.
3. When water comes to boil, place sprigs of fresh parsley, rosemary and thyme on top of rocks. Place a lid on pot to build up steam for a minute. Do not allow water to boil out.
4. Remove lobsters from freezer and place directly into pot. Replace lid and steam according to chart below based on weight.

Wt.	Min.
1 lb	7
1 ¼	9
1 ½	12
1 ¾	14

**** Weight does not change the taste of lobster
BUT
overcooking does!!**

For the Butter:

1. Gently melt 1 lb. of butter over low-medium heat in the saucepan and bring melted butter to a slow boil.
2. Remove the foam with a spoon and discard. After a few minutes, the milk solids will separate themselves from the oil and sink to the bottom. The drawn butter is done when the oil is clear and is golden in color.
3. Allow the butter to cool slightly, then pour off the clarified butter from the milk solids into a heatproof bowl. You may also strain the butter through a fine mesh sieve or a few layers of cheesecloth. Discard milk solids.
4. Ladle drawn butter into individual serving cups.