CATANESE CLASSICS

Lobster, Spiny

ABOUT

Spiny lobsters lack the large front claws of the American lobster and are prized instead for their tail meat, which accounts for 33 percent of the body weight. Spiny lobster are found in tropical and subtropical waters around the world. Brazil and the Caribbean are the main sources for warm water tails; Australia, New Zealand and South Africa supply cold water tails. Panulirus and Jasus species are the most valuable lobsters commercially. The Caribbean lobster, P. argus, is the main warm water tail on the U.S. market, and P. cygnus from Australia is the main cold water species. Rock lobsters average under 5 pounds; translated into tails, the range is 5 to 22 ounces, with most product under 8 ounces. The lobsters are captured mainly in baited traps but are also caught in trawls or by divers.

PRODUCT PROFILE

Cold water tails tend to be more tender and succulent than warm water, and they shrink less during cooking. Tail meat is firm, mild and sweet. Raw tail meat is nearly translucent, with a pink, cream or whitish-gray tint, depending on the animal's diet. Cooked tail meat should be firm and snowy white with red tinges but no dark spots. Watch for over glazing. It's limited mainly to warm water tails, as cold water producers usually sell their product dry, wrapped with plastic wrap. Pacific Ocean spiny lobsters sport greenish/orange shells; those from the Atlantic are reddish brown.

COOKING TIPS

Broil tails and serve with melted butter and lemon wedges, or combine with a steak for Surf and Turf. Baked is good, too, but add some water or wine to the pan to prevent drying. If you want to remove the meat from the tails, make sure you split them ahead of time. Use a pair of scissors to cut lengthwise along the underside of the shell; otherwise the meat will be very difficult to remove.



NUTRITION FACTS

Calories	112
Fat Calories	14 g.
Total Fat	1.5 g.
Saturated Fat	.2 g.
Cholesterol	70 mg.
Sodium	177 mg.
Protein	20.6 g.
Omega 3	0.4 g.

PRIMARY PRODUCT FORMS

Live

Frozen: Whole (blanched or fully cooked), Split, Tails, Meat

GLOBAL SUPPLY

Africa, Argentina, Australia, Chile, Mexico, New Zealand, United States

COOKING METHODS

✓ Bake	✓ Boil	✓ Broil	Fry	✓ Grill
Pate	Poach	Saute	Smoke	✓ Steam