

To Boil Lobsters

Ingredients

1/4 lb. of salt to each gallon of water.

Method

Buy the lobsters alive, and choose those that are heavy and full of motion, which is an indication of their freshness. When the shell is incrustated, it is a sign they are old: medium-sized lobsters are the best. Have ready a stewpan of boiling water, salted in the above proportion; put in the lobster, and keep it boiling quickly from 20 minutes to 3/4 hour, according to its size, and do not forget to skim well. If it boils too long, the meat becomes thready, and if not done enough, the spawn is not red: this must be obviated by great attention. Hub the shell over with a little butter or sweet oil, which wipe off again.

Source: Mrs Beeton's Book of Household Management (1861)

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