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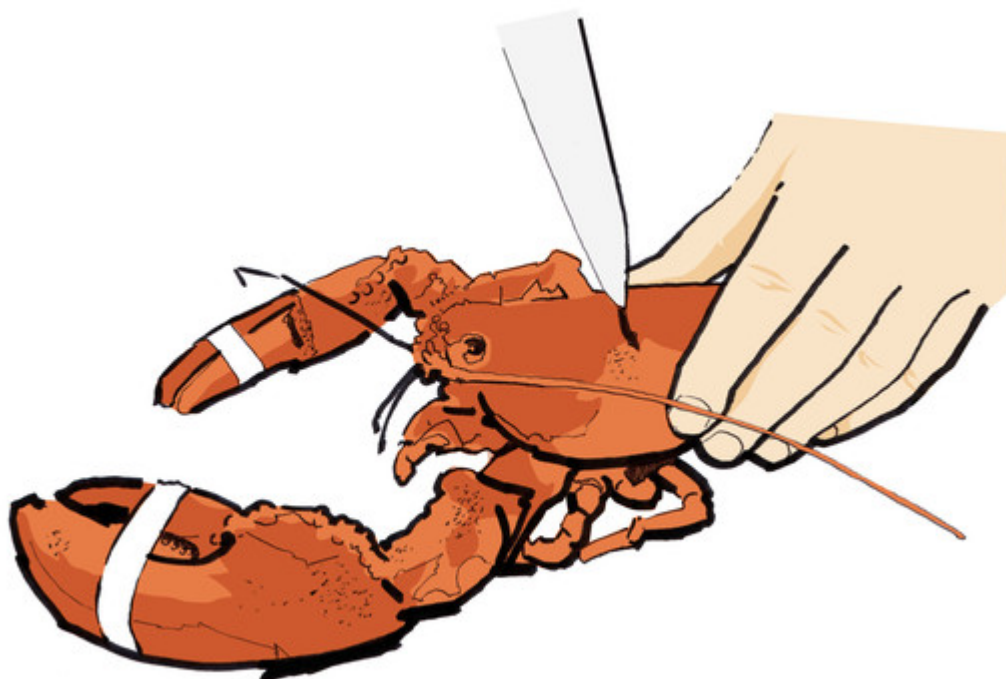
FOOD & DRINK

The Best Way Ever to Cook Lobster

Butter poaching lobster produces amazingly tender and tasty results. It's easy to do. Here's how

Aug. 1, 2014 12:50 p.m. ET

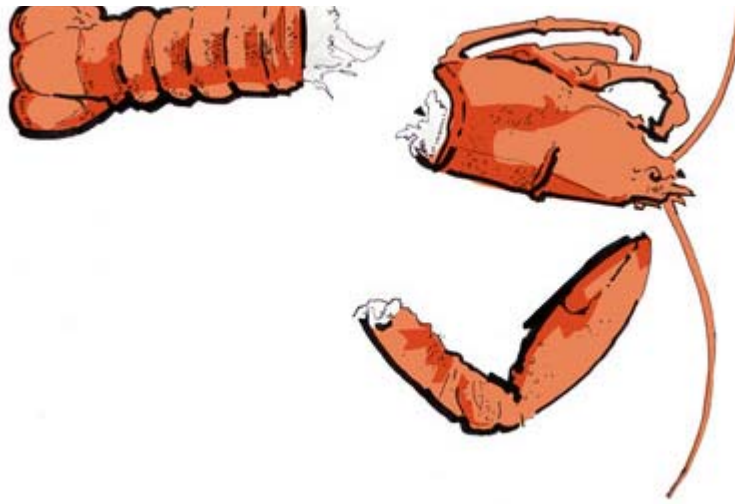
Boiling and steaming tend to be the go-to lobster cooking methods for home cooks, but chefs like Phet Schwader cook it slowly in butter for incredibly tender results. Here's the basic method for a 1-1½ pounder. Once cooked, the meat can be used atop salads, tossed with pasta or risotto, tucked into a sandwich or served on its own with summer corn and tomatoes.



Step 1 *Lyndon Hayes*

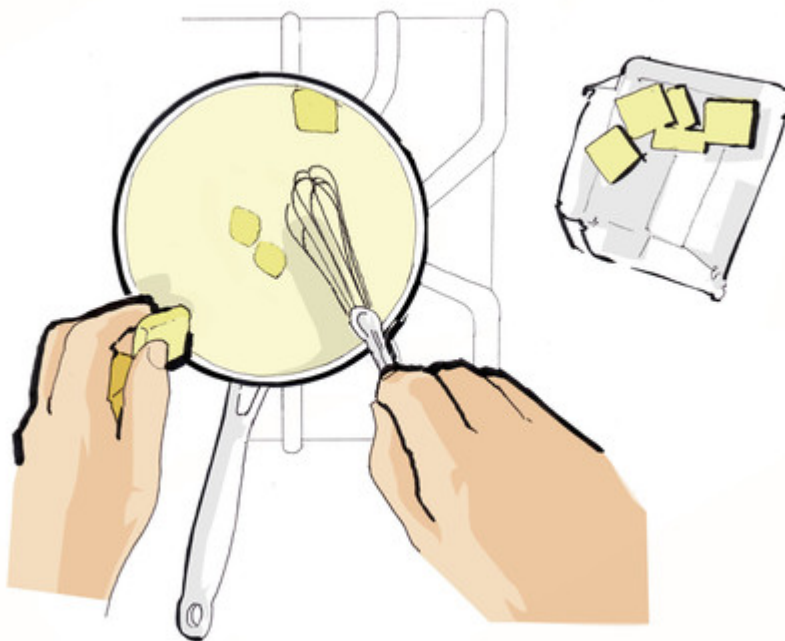
1. Kill the lobster by plunging the tip of a knife in at the point where head and body meet.





Step 2 *Lyndon Hayes*

2. Separate claws and tail from body. Drop claws and tail into boiling water. Cook tail 2 minutes and claws 5 minutes, transferring to an ice water bath immediately to halt cooking. Remove par-cooked meat from shells.



Step 3 *Lyndon Hayes*

3. Bring a tablespoon of water to a simmer in a small saucepan. Whisk in a stick of butter, one tablespoon at a time, keeping mixture below a boil.





Step 4 *Lyndon Hayes*

4. Add par-cooked lobster meat to pan and cook 5 minutes, basting with butter throughout. Remove meat with a slotted spoon and serve as desired.

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