

DINNER

Boiled Maine Lobster

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
45 min	15 min	30 min	4	\$5.68	665 kcal

Boiled Maine Lobster is a gluten free, primal, fodmap friendly, and pescatarian main course. One serving contains 665 calories, 43g of protein, and 48g of fat. This recipe serves 4 and costs \$5.68 per serving. This recipe is liked by 1 foodies and cooks.

Ingredients

☐ 2 bay leaves	☐ 1 tablespoon black peppercorns
☐ 1 cup dry white wine	☐ 6 fresh flat leaf parsley sprigs
☐ 1 lemon	☐ 8 pound lobsters
☐ ¼ cup sea salt	☐ 3 fresh thyme sprigs
☐ 2 sticks unsalted butter, softened	☐ 1 gallon water

EQUIPMENT Frying pan, Sauce pan, Ladle, Pot, Tongs, Kitchen twine

Method

- 1 Pour 1 gallon of water into a 16-quart stock pot over medium heat. Tie the thyme, parsley and bay leaves together with kitchen string to make a bouquet garni.
- 2 Place the herb bundle in the stock pot and secure the end of the string to the pot handle for easy removal.
- 3 Cut the lemon in half and squeeze the juice into the water, then drop in the lemons.
- 4 Add wine, peppercorns and sea salt. Bring to a rolling boil.

- 5 Cut off the rubber bands that secure the lobster claws.
- 6 Place live lobsters in the freezer for 15 minutes to disable movement. Plunge lobsters head first into the stock pot, cover, and boil for 15 minutes. The lobster shells will be red and the tails will curl up when done.
- 7 Remove lobsters from boiling liquid with tongs.
- 8 In a small saucepan, melt the butter over medium heat. Bring to a boil until the milk solids have separated and sunk to the bottom of the pan. Ladle out the clarified butter and place in a warm cup until the lobster is done.

Nutrition per serving

665	43 g	48 g	6 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			29.5 g · 185% of daily needs
Fibre			1.6 g · 6% of daily needs
Sugar			1.3 g · 1% of daily needs
Sodium			8,206 mg · 357% of daily needs
Cholesterol			444 mg · 148% of daily needs
Vitamin C			17.5 mg · 21% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/boiled-maine-lobster-148340