

HOW TO FREEZE COOKED LOBSTER MEAT



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# How to Freeze Cooked Lobster Meat

Freezing cooked lobster is a great way to enjoy fresh lobster long after the season ends. When packaged properly, the meat stays tender and flavourful, making it perfect for future meals like lobster rolls, chowder, pasta, seafood casseroles, and salads.

## Step 1: Cool the Lobster



If the lobster has just been cooked, allow it to cool until it's no longer steaming. For food safety refrigerate or begin packaging it within 2 hours of cooking (or within 1 hour if the temperature is above 32C/90F).

## Step 2: Remove the Meat

yum!

Pick the meat from:

- Tails
- Claws
- Knuckles
- Legs (optional, but worth the effort)
- Any small pockets of meat inside the body

Remove any shell fragments before packaging.

## Step 3: Portion for Future Meals

Package the lobster in the amounts you'll actually use.

Suggested portions:

- **½ cup** - salads, omelets, or seafood dips
- **1 cup** - lobster rolls (2-3 servings)
- **2 cups** - chowder, pasta, casseroles, or mac and cheese

Smaller portions thaw faster and help reduce food waste.



## Step 4: Package Properly

The key to great frozen lobster is protecting it from air.

### Best Option

Use a vacuum sealer to remove as much air as possible before sealing.



### Good Option

- Wrap the lobster tightly in plastic wrap.
- Place it in a freezer-safe bag or airtight freezer container.
- Press out as much air as possible before sealing.

Label each package with:

- Contents
- Portion size
- Date frozen



## Step 5: Freeze Quickly

Lay freezer bags flat on a baking sheet until frozen. Once solid, stack them to save freezer space.

If using containers, leave about **1 cm (1/2 inch)** of headspace if there is any liquid in the container to allow for expansion.

## How Long Does Frozen Lobster Last?

For the best quality:

- **Lobster Meat:** Up to **3 months**
- Safe beyond that if kept continuously frozen, but the texture and flavour are best within three months.



## How to Thaw

For the best texture:

- Thaw overnight in the refrigerator.

If you're adding the lobster to hot dishes such as chowder, bisque, pasta, or casseroles, you can often add it while still partially frozen.

⊘ Avoid thawing lobster at room temperature.

### Rose's Freezer Tips



- Freeze lobster in meal-sized portions.
- Remove as much air as possible to help prevent freezer burn (I use a straw to suck the air out of my bags)
- Label every package with the date and what it is (once frozen everything looks the same)
- Don't refreeze lobster once it has been thawed.
- Since the lobster is already cooked add it near the end of cooking when making soups, sauces, or pasta to keep it tender and prevent it from becoming rubbery.
- This one came from my son Andrew, the expert, "Try to keep the lobster juice from claws in a bowl and soak all the meat in it or lobster stock for best flavour and less freezer burn. Freeze the bags before vacuum sealing to stop the juice from coming out."



# Great Uses for Frozen Lobster

- Lobster rolls
- Seafood chowder
- Lobster bisque
- Lobster mac and cheese
- Creamy seafood pasta
- Seafood risotto
- Lobster salad
- Seafood casseroles

**Meal Planning Rosefied Tip:** One afternoon of picking and freezing lobster can provide several quick, delicious meals for weeks to come - making meal planning easier and reducing food waste.



*Rose*