

# How To Eat Lobster Like a New Englander

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Updated 11/04/18

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mother image / Getty Images

- **01** Tie On a Lobster Bib and Get Ready to Feast



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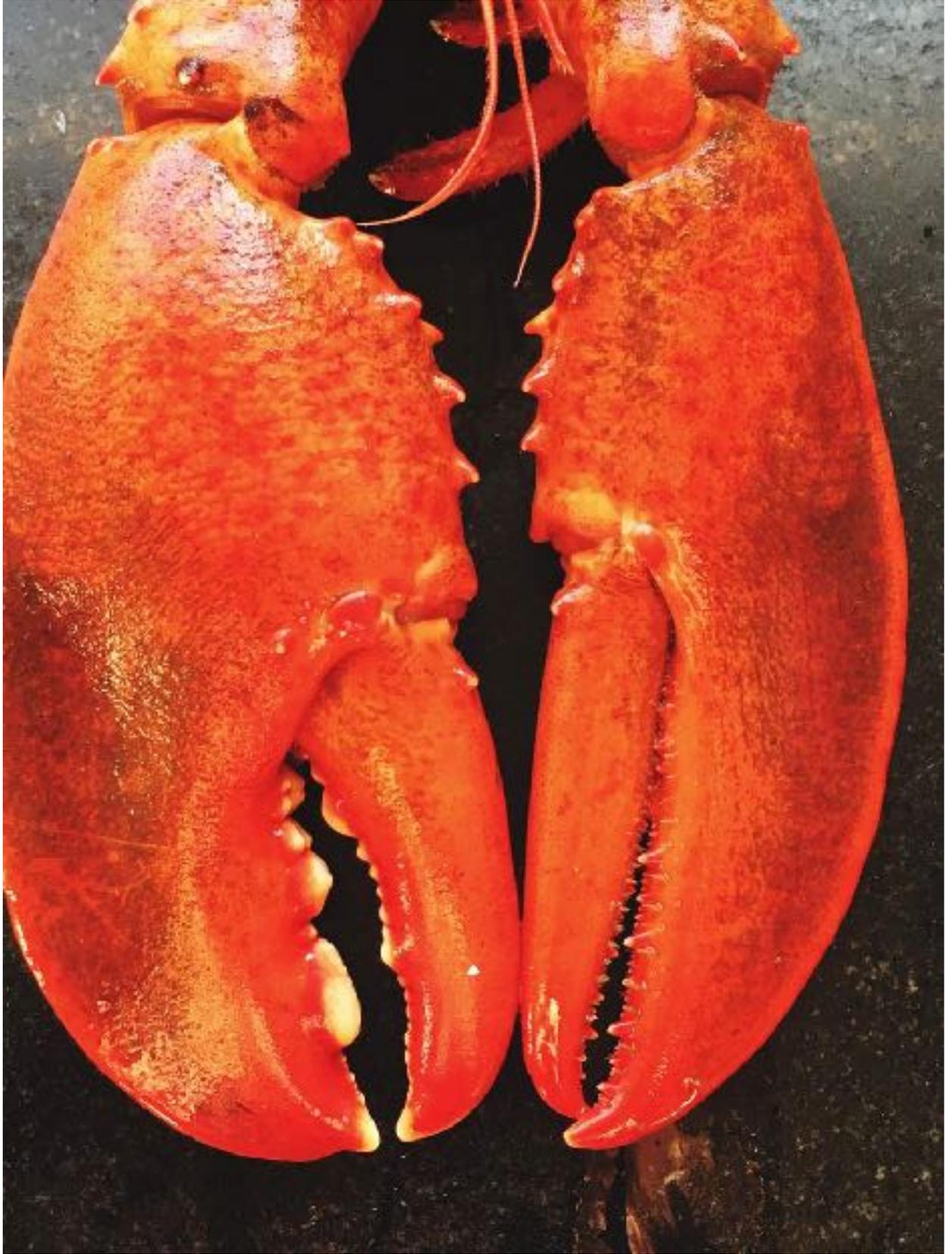
Lobster is New England's (and especially [Maine's](#)) signature delicacy, but eating a whole lobster can be a bit intimidating for first-timers. Don't just settle for a [lobster roll](#). If you've never eaten a whole lobster, or if it's been a while since you tangled with a crustacean, here is your step-by-step, visual guide to how to eat lobster. Follow these pictures and instructions, and you'll learn how to eat a lobster like a New Englander.

Before we get started, be sure to tie on a lobster bib. Eating a lobster... legs and all... can be a rather sloppy

business.

Continue to 2 of 10 below.

- **02** Twist off the Claws



Start by twisting off each of the lobster's claws at the point where they are attached to the body. [American lobsters](#) have one crusher claw and one pincher or ripper claw. The crusher claw, which is generally larger, has teeth for crushing shells. It can be either the lobster's right or left claw and is generally the tougher one to crack.

Continue to 3 of 10 below.

- **03** Crack Open the Claws



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Usually, live lobsters are sold with rubber bands around their claws. You'll want to leave them in place until the lobster is cooked (unless you want to find out what a lobster can do with its crusher claw). Once you've twisted the lobster's claws away from its body, however, you can remove the rubber bands with complete confidence. In a restaurant, the rubber bands will probably be removed before your lobster is served. Using a lobster cracker or nutcracker, your next task is to crack open the claw.

Continue to 4 of 10 below.



- **04** Use a Lobster Pick to Remove the Claw Meat



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Ready for your first taste of claw meat dunked in sweet drawn butter? Use a lobster pick—the long, narrow utensil commonly provided—to remove every delicious morsel from inside the jointed claw sections.

Continue to 5 of 10 below.

- **05** Unfurl the Lobster Tail



John White Photos / Getty Images

Most lobster eaters find the meat in the lobster tail to

be the sweetest and most enjoyable. When you've finished eating the lobster's claws, roll your "bug"—as lobstermen call these saltwater cockroaches—onto its back, and unfurl the tail.

Continue to 6 of 10 below.

- **06** Twist to Break the Tail Away From the Body



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With the lobster's tail spread open, grasp the lobster with two hands and break the tail away from the body with one decisive twist.

Ew. OK. Let's talk about that green stuff. Often, when you break the lobster's tail away from its body or

carapace, you'll discover some squishy green stuff. That's tomalley: the lobster's liver. Some folks consider tomalley a delicacy. However, because mercury and other environmental contaminants are concentrated in the lobster's liver, you really shouldn't eat it. If you're near a sink, that's usually the best way to wash it away. Now, if you spot bright red bits inside your lobster tail, you know you're eating a female. That's lobster roe—lobster eggs. Roe is also considered a delicacy and is safe to eat.

Continue to 7 of 10 below.

- **07** Break off the Lobster's Tail Flippers



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Photo by Cathy Scola / Getty Images

You're doing great! The next step is easy. Break off the little tail flippers, also known as telsons. There are tiny morsels of meat in there, so don't miss them.

Continue to 8 of 10 below.

- **08** Push the Lobster Tail out With Your Thumb



Diane Bell / EyeEm / Getty Images

Insert your thumb into the flipper end of the lobster tail. You should be able to force the meat out with one push. If you run into trouble, you can use a sharp knife to slit the underside of the tail shell. The dark, vein-like structure that runs the length of the tail should be discarded.

Continue to 9 of 10 below.

- **09** The Last Leg

- Jim Simmen / Getty Images

You've been working hard, but it's so worth it. After you've savored your lobster tail, you're ready for the last leg. Make that eight legs! Gently twist each of the lobster's walking legs away from the body. Believe it or not, there is delicious meat hidden in there. And, yes ... you should [bother to get it out](#).

Continue to 10 of 10 below.

- **10** Good 'Til the Last Bite