



# Lobster, Maine

## scientific name

Homonus americanus

## description

Also known as Maine lobster, this species is a crustacean with a hard-shelled body, large claws, and long antennae. This species also has jointed appendages and no backbone. American lobster is considered a delicacy and is relatively expensive due to harvesting techniques and distribution costs. Cooked meat is white with red tinges.

## interesting fact

While most lobsters are greenish to reddish brown, in rare cases, bright blue lobsters have been caught. It is even more unusual to find a white, or albino lobster - but they do exist.

## alternatives

Shrimp, crab, langostinos, and crawfish can be used as substitutes for American lobster.

## source

American lobster can be found in the Western Atlantic Ocean from Canada to Maryland.

## harvest method

American lobsters are harvested by wire or wooden traps set on the ocean floor.

## harvest season

American lobsters can be harvested year-round with peak season being summer when the water is warm.

## flavor

This species has a delicately sweet flavor.

## texture

The texture of American lobster is tender and firm-textured.

## preparation

American lobsters are best steamed, boiled, or baked.

## quality control

Not all live lobsters are perfect. Within one shipment of live lobsters, there may be "culls" (missing one claw), "bullets" or "pistols" (missing both claws), or "deads" (self-explanatory). Also, during the winter, lobsters become dormant and do not move around or eat much, and it is not uncommon to find a lobster that is almost empty of meat.

## market segments

American lobsters are appropriate for casual dining, fine dining, hotels, and resort/clubs.

## nutritional facts

3.5 oz (100g) raw, edible portion

Calorie 113; calories from fat 0; total fat 0; Saturated fat 0; cholesterol 70mg; sodium 0mg; carbohydrates 5; protein 18g; potassium 0mg.



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