

How to Prepare Your Lobster Rolls

Keep all food frozen. Thaw ingredients in refrigerator for 24 hours prior to preparation.

Directions to Prepare 3 Lobster Rolls

1. Prepare your Lobster Meat
 - a. Each 11oz bag of lobster meat makes 3 lobster rolls.
 - b. Bring a large pot of water to a boil.
 - c. Carefully place one bag into the boiling water and set a timer for 8 minutes.
 - d. After 8 minutes, carefully remove bag from water, using tongs. Allow to cool until you are able to safely handle or use hot gloves.
 - e. Partially cut open bag and drain out any excess water from the lobster meat.
2. Prepare your Butter and Buns
 - a. Cut off $\frac{1}{4}$ or 2 Tablespoons of butter from your stick and save the rest.
 - b. Melt 1 Tablespoon in a small bowl and set aside (to pour over lobster meat later)
 - c. Put remaining 1 Tablespoon in a frying pan on medium-high heat
 - d. Once melted and pan is hot, place 3 buns in frying pan, toasting one side of bread
 - e. Once golden to your liking, flip buns over to toast the other side
 - f. Place your toasted and buttered buns on a plate
3. Assembling your Lobster Rolls
 - a. Portion about $\frac{1}{3}$ of the lobster meat for each roll, gently stuffing the meat into the bun
 - b. Use a small spoon to slowly pour butter over the lobster meat
4. Serve and Enjoy!

