

TISCHLER'S MARKET

Meat | Seafood | Deli

Choice & Prime Steaks, No Growth Hormones, No Antibiotics

REHEATING COOKED LOBSTER

Although microwaving is quick and convenient, we recommend using the oven to reheat lobster if you have the time because it's more reliable. By following the methods outlined below, you'll have the best chance of retaining the original flavor and texture of the lobster meat.

OVEN

1. Preheat the oven to 350°F.
2. Wrap the shelled lobsters or tails in aluminum foil and place a couple pats of butter over the meat.
3. Place the wrapped lobsters or tails on a baking pan and cook for 5-10 minutes.
4. Remove the lobsters or tails from the oven and use a digital thermometer to check that the meat has reached at least 140°F.

NOTE: You can also create small foil pockets for lobster meat not in its shell. Add some butter and seasonings to keep it flavorful.

MICROWAVE

1. Wrap lobsters in damp paper towels and place them on a microwave-safe plate.
2. Set your microwave on its "high" setting.
3. Heat the lobster for 1-2 minutes and check the meat with a digital thermometer. Heat until the internal temperature reaches at least 140°F.

NOTE: You can also reheat lobster meat outside of its shell, but this method may only require heating for 30 seconds to 1 minute. Be sure to check the internal temperature with a digital thermometer before eating.

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