

Butter Infused Lobster

This will make 1 medium tray*

[Live Life Simple's: Freeze Dried Steak and Lobster – A New Years Tradition?](#)

Ingredients:

Lobster
Tails



Directions:

1. Boil lobster for 1 minute per ounce. Boiling is the best method for cooking because it does not use butter or oil. Butter and flavored ingredients can be added with rehydration.
2. Remove lobster from the pot, and let cool, then remove the shells. Pull apart into smaller pieces, and place on a parchment lined tray.
3. You can freeze until solid covered, or go straight into the Freeze Dryer
4. Freeze Dry
5. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 20 hours 34 minutes using 10.92 kWh of Electricity (The whole lobster tail needed an extra 10 hours)

Rehydration: You will need a Sous Vide for rehydration.

Uncooked Lobster Tail

1. Add the lobster tail, a couple pinches of salt, some melted butter, some garlic powder or fresh garlic etc. into a container that will fit in your chamber vac. Add any other flavor you want. Add vegetable broth or water, enough to keep it submerged. Place in the Chamber Vac Sealer using the Marinade Function.
2. Place into a vacuum sealer bag and vacuum seal.
3. Cook in Sous Vide at 212°F for 1 minute per ounce
4. Remove from vacuum sealer bag and enjoy

Cooked Lobster Pieces

1. Add the cooked lobster pieces, a couple pinches of salt, some melted butter, some garlic powder or fresh garlic etc. into a container that will fit in your chamber vac. Add any other flavor you want. Add vegetable broth or water, enough to keep it submerged. Place in the Chamber Vac Sealer using the Marinade Function.
2. Place into a vacuum sealer bag and vacuum seal.
3. Reheat in the Sous Vide at 130°F (About 10 minutes to just warm up)
4. Remove from vacuum sealer bag and enjoy



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray