



Lobster at Home

Jasper White

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With its vibrant color, its delicate and luscious flavor and its excellent nutritional value, it's no wonder that lobster is such a favorite. Yet for all its specialness, lobster is actually an affordable luxury when made at home. And as a food, the meat in a one-pound lobster has only 98 calories, 13 milligrams of cholesterol (less than the same amount of skinless chicken) and is high in the Omega-3 acids known to help reduce cholesterol levels.

More than five years in preparation, *Lobster at Home* will teach anyone, from the most inexperienced novice to the seasoned professional, to master the art of cooking lobster. Written clearly and with care for important detail, *Lobster at Home* goes far beyond any other seafood cookbook. It explains everything from how to choose just the right lobster for a delectable dinner to how to extract every last morsel of meat from a cooked lobster. A treasure trove of information, it also contains completely reliable chapters on lobster anatomy, the basic cooking techniques and the essential equipment. Recipes cover the full range of dishes: soups, chowders, stews, salads and sandwiches, as well as pot-pies, pastas, risottos and classic main courses, along with a special chapter on chefs' creations. Now you can easily turn out restaurant favorites such as Lobster Bisque, Baked Stuffed Lobster and Lobster Fra Diavolo right at home, and at a fraction of the cost.

Among this book's unique features:

- a beautiful illustration showing how and when to select lobster, helping the cook know at a glance when hardshells and soft-shells are available, as well as the best prices
- a handy chart giving cooking times for each size of lobster
- a list of recommended sources for mail-ordering live lobsters
- many recipes that call for the use of already-cooked lobster

From cover to cover, this is a book that welcomes all kinds of lobster lovers who have always wanted to cook lobster at home for family and friends.

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Betty Bobbitt:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their down time with their family, or their particular friends. Usually they performing activity like watching television, about to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Will you something different to fill your current free time/ holiday? Might be reading a book could be option to fill your free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the guide untitled Lobster at Home can be very good book to read. May be it could be best activity to you.

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