

**Cooking Live Lobsters**  
**&**  
**Simple Boiling Instructions:**

Bring water to a rolling boil over high heat. Place **lobsters** in the pot (head first), cover tightly, return to a boil as quickly as possible and start counting the time. Steam a **lobster** for 7 minutes per pound, for the first pound. Add 3 minutes per pound for each additional pound thereafter.