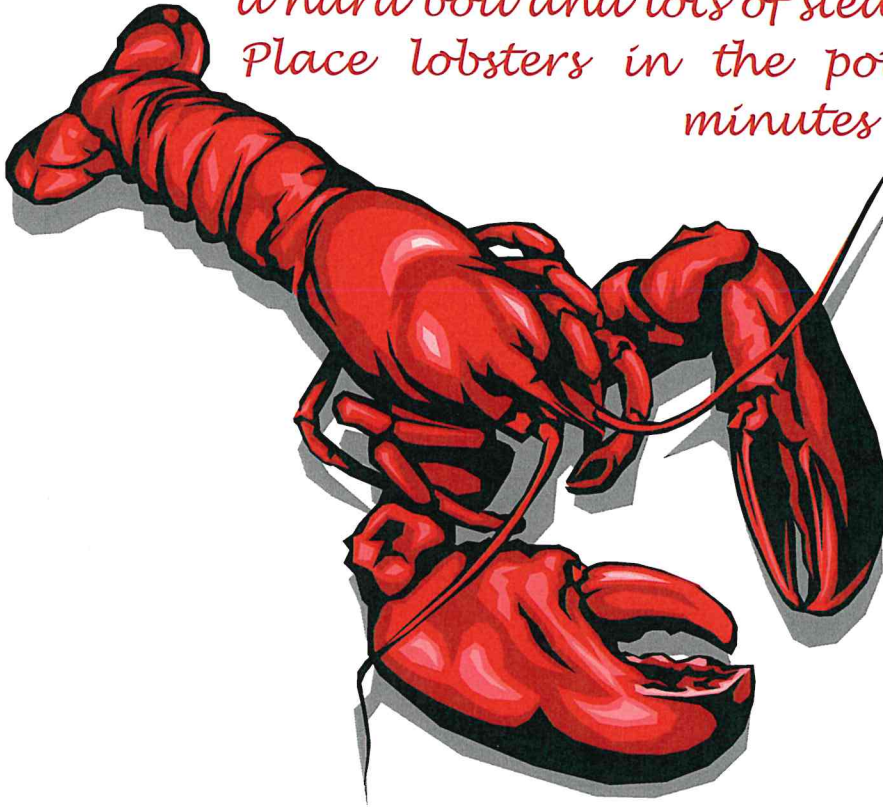


How To Cook Lobster

Fill your lobster pot with 2 inches of water. Salt if you desire. Wait until the water has reached a hard boil and lots of steam is coming off.

Place lobsters in the pot. Cook 15-20 minutes till the lobsters

turn bright red!

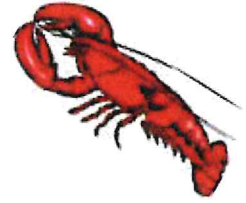


How To Eat A Lobster

Bend back claws and flippers, break off where attached to body. Use cracker and pick to remove meat in claws and knuckles. Suck meat from flippers. Bend back tail and break off from body. Tail flippers can also be broken back and the meat pushed out, or you can cut the membrane. In the body are the green tomalley (liver) and the red coral of the females (roe). Some consider tomalley and red coral as delicacies.



Lobster



Whether you want a great lobster dinner without the hassle of cooking it yourself, or you want to do all the work yourself and eat in; check out one of these local lobster pounds. Most are casual dining with outdoor seating.

Lobster dinners can be a messy experience; plastic bibs and handi-wipes are the norm.

Abel's Lobster Pound

13 Abel's Lane, Mount Desert
Open Mid-June to October
207-276-5827

Beal's Lobster Pound

182 Clark Point Road
Southwest Harbor
Lobster Pound Open Year Round
207-244-3202

Downeast Lobster Pound

1192 Bar Harbor Rd, Trenton
Open seasonally
207-667-8589

Parsons

64 Eagle Lake Rd, Bar Harbor
Open Seasonally
207-288-4736

The Traveling Lobster

1569 ME-102
Bar Harbor
Open Seasonally
207-288-8028

Thurston's Lobster Pound

9 Thurston Rd, Bernard
Open Memorial Day to September
207-244-7600

C. H. Rich and Company

(No dining available)
Bass Harbor
207-244-3485

Trenton Bridge

1237 Bar Harbor Road, Trenton
Open June to September
207-667-2977

Hodgdon Seafood

1065 Tremont Road
Seal Cove
Open Seasonally
207-669-2343

