

Chapter 1 : How to Cook the Perfect Lobster - calendrierdelascience.com

AFTER the water boils start timing, and regulate the heat to prevent water from boiling over, but be sure to keep the water boiling throughout the cooking time. Melt some butter while you wait. Carefully remove lobsters from the pot with tongs.

Humanely Killing Lobsters Is there a humane way to kill a lobster? There is much debate on whether lobsters feel pain or not, but we believe a quick plunge into hot water will make for a quick death. **Cooking Live Lobster at Home** Cooking lobster is an art, and if you do not get the timing just right, you might be in for a tough or chewy lobster. Never overcook your lobster. This makes the meat tough and stringy. In the winter, lobsters have a harder shell and therefore require more time to cook. In the summertime lobsters have a softer shell and require less time to cook. Whether you steam or boil, pick a pot with lots of room. If you do not have a big pot, cook lobsters in batches, using a couple of pots. If you add the same amount of water in each pot, the lobsters should cook at about the same time. Confused about what size lobsters to order? It also makes less of a mess! Yields a more tender lobster than boiling. Lobsters are less diluted with water. Makes less of a mess. Timing is more accurate since the water returns to a boil faster Preserves the ocean fresh taste of lobster. Cooks lobster a little slower with less chance of overcooking. Keep the lid on tight to keep in the steam. A steamer rack is not a necessity; it just keeps the lobsters from getting charred on the bottom of the pot. You can also use a vegetable steamer rack or an upside colander inside the pot. Feel free to use a steaming rack to place the lobsters on or just add directly to the pot. Add 2 tablespoons of salt for each quart of water. If you have sea salt— even better. Bring the water to a rolling boil, and put in lobsters, one at a time. 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. See chart below for approximate cooking times. Regulate the heat if the froth starts to bubble over. Carefully remove lobsters from the pot with tongs. Be careful, they are very hot. Set in a large bowl for five minutes to cool before cracking. If the roe inside a female body is blackish and appear gelatin-like, instead of the customary red, it is undercooked. Put the lobster back into the pot until the roe is red. The roe is edible, but can be rinsed out. **Steaming Lobster Times** Lobster Size: Cooking Times Steaming Chart is for all lobsters, not each 1 lb. Place the netted bag of clams on top of the lobsters and steam both at the same time. **How to Boil Lobster** The shell of the lobster flavors the bubbling water, which in turn, flavors the lobster meat! For cooking a bunch of lobsters, boiling gives you even fast cooking. Best for cooking 4 or more lobsters at a time. Cooks lobsters more evenly than steaming. Fill a pot large enough to hold the lobsters anywhere from one-half to two-thirds full with water. Deep enough to submerge the lobster by about 3 inches. If sea water is available, even better. Bring the water to a strong boil over high heat. Place the live lobsters in one at a time, headfirst, completely submerging them. Pick up the lobster by holding the upper side of the thorax between your thumb and middle finger. Cover the pot tightly and return to a boil as quickly as possible. *AFTER the water boils start timing, and regulate the heat to prevent water from boiling over, but be sure to keep the water boiling throughout the cooking time. Melt some butter while you wait. When a lobster boils it retains a lot of water. Pierce the body and tail with a knife to help drain the water. You can cook more than one lobster in a pot as long as there is enough room and water to cover the lobsters. If you do not have a big enough pot use two smaller pots or cook your lobsters in batches. Also, see our tips for storing live lobster before cooking. Cooked lobster in the shell will keep refrigerated for up to twenty-four hours. Simply reheat it in the shell in the microwave for about a minute or less, or gently steam in water for about minutes depending on the size. If you can not reheat your lobsters within 24 hours, its best to pick the meat out of the shell and refrigerate in a covered bowl or zip lock bag. Fresh out-of-the shell meat will keep refrigerated for about days. You can enjoy the meat cold in a lobster roll or warm by heating it up in saucepan with a little butter. Cooking Lobsters at High Altitude* Cooking lobsters at high altitude takes more time since water boils at a much lower temp, and evaporates faster. At high altitude the air has less oxygen and the atmosphere becomes much drier. To compensate for the lower boiling point of water, the cooking time

must be increased. In short, increase the cook time, not the heat. How many minutes should you increase the time? Try adding about 2 minutes to our lobster cooking times. Also, cover the pot tightly when cooking. To avoid overcooking and undercooking your lobsters, use an instant read food thermometer to check internal temperature. How to Tell if My Lobsters are Cooked? Another common mistake is adding to the cooking time just because you are cooking more than lobsters in the pot. Many people will mistakenly boil a two and half pound lobster twice as long as a quarter pound lobster. For timing, use the weight of individual lobsters, not the total weight of all lobsters being cooked. Lobster is cooked when the shell is entirely red. Some chefs say when the antennae pull out easily, lobsters are done, but this is not always the case. The internal temperature should read about degrees F. It is important to note when you take your lobsters out of the pot they will continue to cook. To stop the cooking process, put your lobsters in a big bowl of ice. If you overcook them, your going to be eating tough lobster. If you under-cook your lobster you can always heat them up. The reason many people believe larger lobsters are tough is simply because they overcook them. Just remember to bring your pot back to a rolling boil and regulate the heat. The tail is a good indicator of freshness. How Do you Grill Live Lobsters? While boiling and steaming are the most well know ways to cook live lobster, grilling is another great option. Checkout our tips for boiling, steaming, and grilling frozen lobster tails.

Chapter 2 : How the experts use salt in their cooking – and why | Life and style | The Guardian

Sneh's Indo-Fijian Recipes Half a cup water Salt to taste Method: Chop jackfruit to small pieces. Heat up pan, add oil, onion, garlic and the 3 seeds.

Lunch in the villages is usually rourou dalo leaves with boiled Tavioca cassava or some fresh fish soup with dalo taro. Stews are made from meat, potatoes and vegetables, often very healthy[citation needed]. Soups are also very healthy because the best cuts of meat are used and lots of fresh vegetables are added. Snacks[edit] Desserts or snacks are common and are eaten in between meals-often for morning tea and afternoon teas. Some common ones include pies filled with custard or pumpkin or pineapple. Steamed puddings are also common but these are rich in sugars and fats. Most homes would use coconut cream, caramelised sugar to give the color, flour, baking powder as the main ingredients. The pudding mixture is poured into tins and steamed for 1½-2 hours. To improve the flavour, sometimes cinnamon or raisins are added. Some nice desserts are also made with cassava. Cassava is first grated and sugar is added. It is then wrapped in banana leaves and steamed. Burnt Sugar pudding purini or pudini is a favorite pudding in the Fijian cuisine. The historical existence is unknown, more than likely was introduced by the British, given their fondness for pastries and steamed puddings. Vakalolo is a traditional dessert made with cassava, coconut, ginger root, sugar, cloves, then steamed in a banana leaf. Staples[edit] Taro and coconuts for sale in Nadi Taro is a cool dry starchy root crop, which has a taste similar to artichokes , and is the most important staple for special occasions. It can be grown in any soil conditions. Taro is a rich source of fiber. Kumala or sweet potato was not traditionally the staple for native Fijian diet. It was brought from Papua New Guinea. It is easy to grow and provides good yield now is the cheapest of all root crops and is eaten by most people their soups, stews or curries. It is grown in most households in the villages. Rice , raisi, was brought by the Indian immigrants and was grown for domestic use around Fiji. It is used in everyday meals and also used for ceremonial meals to make palusami. It is a highly nutritious green leafy vegetable grown in almost every household. The leaves are rich sources of vitamins and minerals such as iron and magnesium, pro Vit A and C, also have very high levels of folate, an important nutrient for pregnant and nursing women. Other leaves which are eaten include pumpkin, cassava and sweet potato leaves Coconut[edit] Coconut is especially liked by Fijians. It is grown in most coastal areas. Kava is a drink made from powdered roots of yagona plants. The powder is placed in a muslin cloth and small amounts of water are added to extract the juice out of the powder. With meals people often drink water. This drink will make your tongue go numb, due to the ingredients. Kava is not unique to the Fijian culture, it is widely consumed in amongst other Pacific nations. It has religious and tribal significance and often used as peace offering "sevusevu" during Fijian functions. Consumption beyond this is habitual, it is addictive and people find it difficult to ween off once it gets hold. Consumption in smaller quantities have been found to be of therapeutical value, especially amongst people who suffer from sleeping disorders. Kava is used to calm anxiety, stress, and restlessness, and treat sleep problems insomnia. It is also used for attention deficit-hyperactivity disorder ADHD , epilepsy, psychosis, depression, migraines and other headaches, chronic fatigue syndrome CFS , common cold and other respiratory tract infections, tuberculosis, muscle pain, and cancer prevention. Some people use kava for urinary tract infections UTIs , pain and swelling of the uterus, venereal disease, menstrual discomfort, and to arouse sexual desire. Kava is applied to the skin for skin diseases including leprosy, to promote wound healing, and as a painkiller. It is also used as a mouthwash for canker sores and toothaches. Lovo[edit] On special occasions a "lovo" is made which involves cooking all the food underground. Chicken, fish and meat are first marinated in sauces and garlic and wrapped in foil. The Taro is peeled and wrapped in foils. The "palusami" is made using taro leaves, filled with thick coconut cream, onions, salt and canned meat. It is made into a parcel and then wrapped into a foil. All the meat, taro and "palusami" are placed in the hole, with hot rocks and covered with banana leaves and cooked for 2½-3 hours. A "lovo" is commonly made during special events such as funerals, weddings, Christmas or birthdays. It is a very healthy meal because no oil is used in cooking and would taste like Maori Hangi and the Hawaiian Luau. Fresh fish is marinated in freshly squeezed lemon or lime juice and left to "cook" for several hours. Coconut

milk is added after it is "cooked" together with finely diced tomatoes, chillies and salt. Changes in eating patterns over time[edit] With changes in eating patterns, there has been a shift towards consumption of more energy dense foods and decreased intake of fruit and vegetables. They contain high amounts of sugar and sodium which contribute to increasing rates of obesity , diabetes and cardiovascular diseases. However, traditional foods are still valued and used for special occasions.

Chapter 3 : Fijian food - Wikipedia

Collecting some water from the ocean may not provide the quality salt you are hoping for, especially for cooking purposes, because of the low salinity of the water, but it's worth experimenting with water from a variety of sources to find out what produces the best salt.

Share via Email Sea salt – how do you get the full benefit in your recipes? This is because, as he and all seasoned cooks know, sodium chloride not only adds saltiness, which human beings innately adore because we need it to live, but it also skews the overall flavour to positive effect. It makes food sing by suppressing bitterness, enhancing sweet and savoury, and turning up the volume on the aromas. But how on earth does it do all this? Bye-bye bitter The bitter-reducing ability of salt is a marvel. And why a saline olive is the perfect bedfellow to the bitter, liquorice finish of a valpolicella. But it is not easy to uncover the precise mechanics of this culinary godsend, what with it occurring on a molecular level. We do know that it is a physiological phenomenon, rather than cognitive. And if you stimulate one side of the tongue with salt, and then put something bitter such as quinine on the other side, the salt will generally not suppress the bitterness. The two tastes have to be hitting the same receptors for it to work. Put very simply, we think that sodium ions turn down bitter responses in the receptors. Hello sweetness The above process has a role in bringing out sweetness, too. Paul Breslin of Rutgers University, who is pretty much the don when it comes to tasting science, gives the example of a grapefruit. Remember, the sweet and bitter notes will already be suppressing each other. So not only is the bitterness turned down, but the sweetness is turned up. Salting out the aromas Veteran food writer Jeffrey Steingarten, in his book *The Man Who Ate Everything*, wrote that salt magnifies the natural aromas in food. This concept has always flummoxed me, and I ask Breslin how this could possibly be. Firstly, says Breslin, if you change the taste profile, it will interact with the aromas differently. We have "learned synergies" between tastes and smells. The smell of peanut butter goes with salt, strawberry and vanilla are associated with sugar, and so on. Returning to his fruit analogy, salting will "not only change the flavour profile by suppressing bitter, thereby bringing out sweet more. The sweet will go with the fruit flavours and maybe enhance or synergise with the fruit flavours. The salt draws out more of the volatile molecules that give rise to the aroma. The salt effectively changes the vapour pressure, "and this can be measured on a machine", adds Breslin, conclusively. However, there are rules of thumb, such as: Florence Knight, chef at Polpetto in London and author of *One: A Cook and Her Cupboard*, adds a generous pinch of salt to pasta water once it has begun to boil and, she says, "I always add some of the pasta water to the sauce I am preparing. For me this is an essential step in making any good sauce. Do you have any other salting tips to add? It is sodium ions, not molecules, that turn down the bitterness receptors on our tongues.

Chapter 4 : Sneh's Indo-Fijian Recipes Page 2

"Sea salt is a salt that's been through a process of purification and lost a large part of its minerals," says marketing director Albert Fernández. "Some 98% of sea salt is sodium chloride.

Chapter 5 : Cooking with seawater – is it the best way to season food? | Life and style | The Guardian

Use it for: All cooking. Kosher salt dissolves fast, and its flavor disperses quickly, so chefs recommend tossing it on everything from pork roast to popcorn. Kosher salt dissolves fast, and its flavor disperses quickly, so chefs recommend tossing it on everything from pork roast to popcorn.

Chapter 6 : Fiji Water & Nutrition | calendrierdelascience.com

Private Mail Bag, Suva, Fiji Islands Health-Enquiries@calendrierdelascience.com 1 can tuna in salt-water or fresh cooked and shredded tuna Peel and cube the taro and cook it.

Chapter 7 : Salt Restaurant | The official website of Tourism Fiji

As a Naturopath, I have a very special interest in healthy food and clean water and when you stay at the villages you will be getting both. Guests can go spear fishing day or night for their catch of unicorn or parrot fish at Namatakula on the coral coast of Viti Levu.

Chapter 8 : Sneh's Indo-Fijian Recipes

Salt is the ultimate in alfresco dining, with a water's edge location that makes the most of the stunning outdoor setting and Fiji's tropical climate.

Chapter 9 : How to Make Sea Salt: 8 Steps (with Pictures) - wikiHow

Usually, you add salt to water in order to boil the water to cook rice or pasta. Adding salt to water adds flavor to the water, which is absorbed by the food. Salt enhances the ability of chemoreceptors in the tongue to detect molecules that are perceived through the sense of taste. This is really.