

RESPONSIBLY SOURCED



PRODUCT OF MAINE  
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PRODUCT OF MAINE



Cousins  
Maine Lobster®



ENJOY





SABIN LOMAC &  
JIM TSELIKIS

We started Cousins Maine Lobster with one goal in mind: to share the Maine lobster we grew up eating with other lobster lovers around the world. Our delicious Maine lobster and other seafood dishes are born from family recipes, and shipped straight from Maine's shore to your door. We couldn't be happier and more excited to share these wonderful seafood products with you. We hope a meal from Cousins Maine Lobster brings your family together to create special memories, the same way it has always bonded our family. Thank you for experiencing our Maine.

*Cousin Sabin*

*Cousin Jimmy*



# ABOUT



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## LIVE MAINE LOBSTERS

Get the full Maine Experience at home by ordering live Maine lobsters shipped directly to your door. Our Maine lobsters will make your next celebratory dinner a memorable and exceptional experience for you and your guests. Our lobsters arrive to you alive, please handle with care.



### COOKING

**STEAMING:** Fill a large pot with 2 inches of water and add sea salt. Bring to a boil and carefully place lobster head first into the pot, on a steam rack or tray. Cover and cook according to the chart below.

**BOILING:** Fill a large pot with 3 quarts of water (enough so lobster is submerged) and add sea salt. Bring to a rolling boil and carefully place lobster head first into the pot. Cover and cook according to the chart below. Please note, cook times are approximates.

WEIGHT	STEAM	BOIL
1.25lb	12mins	9-10mins
1.5lb	14mins	11-12mins
2lb	18mins	15mins

When done, lobster will be bright red. Using lobster crackers, break shells, pick out meat, serve with warm drawn butter, and fresh lemon.

### HANDLING

Live lobsters are greenish-brown when they are alive. They only turn red after they are cooked. Please do not be alarmed by the color if you have never seen a live lobster before!

Live lobsters must be handled with care. Please make sure to unpack your box carefully. Do not drop or toss lobsters.

**ADD-ON** For the full Maine experience, add our live lobster toolkit to your order and get authentic Maine sea salt, lobster claw crackers, lobster bibs and more!

### STORAGE & SHELF LIFE

Store your lobsters in your refrigerator - we recommend clearing out a crisper drawer to hold your lobsters. Do not store your lobsters in fresh water or with ice that will melt. Fresh water will kill lobsters. We recommend you cook your lobsters on the day you receive them.





Our At-Home Lobster Roll Kits help you make our famous lobster rolls right in the comfort of your own home. Treat the family to a lobster roll night tonight!



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## THE AT-HOME LOBSTER ROLL KIT

Our At-Home Lobster Roll Kit includes one pound Maine lobster meat, six New England split-top rolls, and one stick of butter. Makes 4-6 rolls.

We're famous for our Maine & Connecticut style rolls, see next page for detailed preparation instructions!



We recommend our Maine & Connecticut style lobster rolls, but have fun and experiment with the family by creating your own signature lobster roll style!



## INGREDIENTS

1LB Maine Lobster Meat  
6 New England Split-Top Rolls  
1 Stick of Butter  
Mayo (you provide)  
Lemon (you provide)

## COOKING

Remove Maine lobster meat from packaging and let drain in a colander for 2-3 minutes. Warm skillet over medium heat. Brush sides of rolls with melted butter and lightly toast each side until golden brown.

### MAINE ROLL STYLE

Delicately line inside of toasted roll with mayo. Place chilled Maine lobster meat gently inside of each toasted roll. Serve with a lemon wedge for squeezing and enjoy!

### CONNECTICUT ROLL STYLE

Bring a skillet to medium heat with melted butter. Sauté Maine lobster meat in butter for 30-45 seconds until warm. Place warmed Maine lobster meat gently inside each toasted roll, and drizzle with drawn butter and a squeeze of lemon. Enjoy!

## DID YOU KNOW

The Maine roll is the most classic style lobster roll, a favorite of Mainers and purists alike. The Connecticut roll, warm and drizzled with butter, is our most popular style lobster roll.







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MAINE LOBSTER  
MEAT

Our sweet and tender Maine lobster meat comes thaw-and-ready-to-eat! Enjoy it chilled, warmed with butter, on your favorite sandwich, or added to your favorite pasta dish! Wild-caught and responsibly sourced.

Enjoy our succulent crab leg meat sourced from North Atlantic rock and jonah crab. Comes thaw-and-ready-to-eat!

CRAB MEAT

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Maine's ultimate luxury. Enjoy our 4-5 oz Maine lobster tails butterflied, broiled, grilled, or steamed. 2 tails per pack.

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## MAINE LOBSTER TAILS

Thaw your lobster tails under refrigeration for 12-24 hours to avoid meat sticking to the shell. Lobster tails can be prepared in a variety of methods, from baking to broiling, to boiling, grilling and steaming. Tails can be skewered, split, butterflied, or served as is in shell.

### STEAMING

Bring a pot of water with about 2 inches of water to a boil. Place tails on a steamer rack or tray, and allow to steam, about 1 minute cooking time per ounce. When done, the shell will be bright red, and the lobster meat will be opaque/white. Run tail briefly under cold water to stop the cooking process.

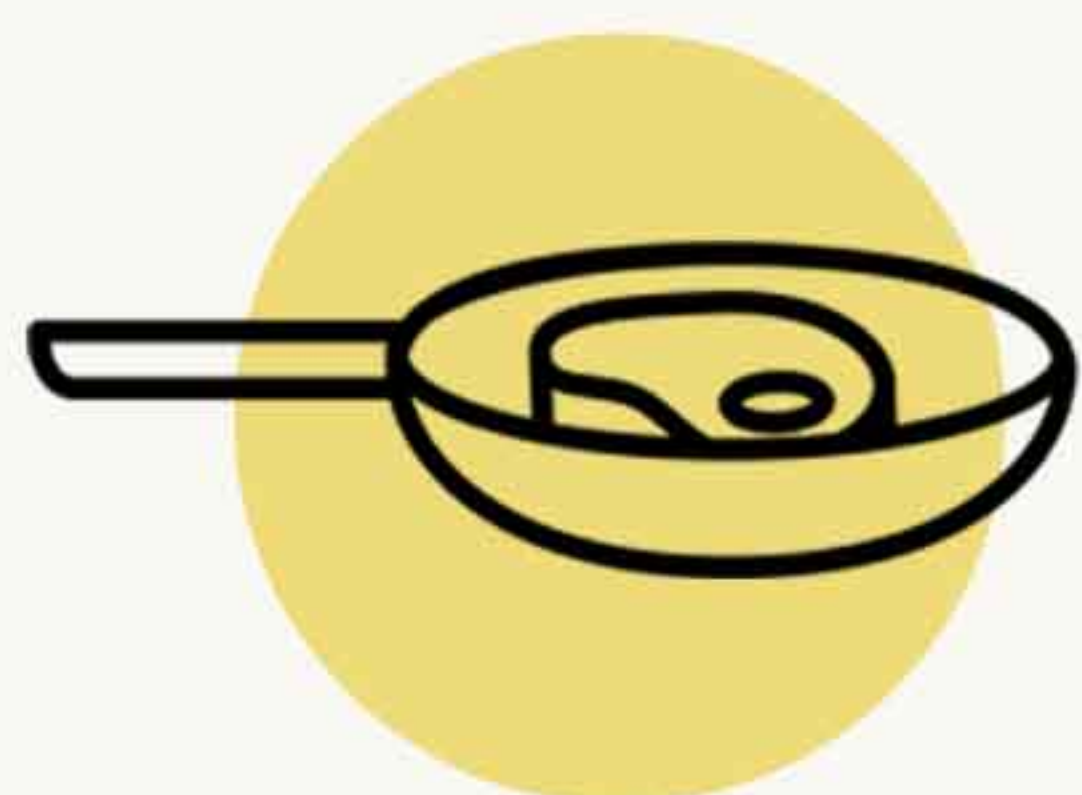


### BUTTERFLY-STYLE

Place your lobster tail on a cutting board, meat side down, shell side up, positioned so the tail fins face away from you. Using kitchen shears, begin cutting down the length of the shell, ensuring you do not cut the meat. Finish the cut just short of the base of the tail, before you reach the fins.

Grab each side of the shell and gently pry the shell apart to expose the meat. Place your fingers under the meat and push upward to position the meat on top of the shell. Clean the tail by rinsing under cold water.

Dress with drawn butter and your favorite herbs and spices. Place the tails in an oven-safe skillet, or baking sheet, and bake at 375 degrees for 12-15 minutes, or until meat is no longer transparent.





## TIP FROM THE MAINERS

Did you know that some lobster tails contain roe?

Roe is a greenish black substance when raw,  
and red after it has been cooked.

Some consider it a delicacy,  
while others rinse it away before cooking.

If you spot roe in your tails, do not panic!  
It is natural and no cause for alarm.



## GRILLING INSTRUCTIONS

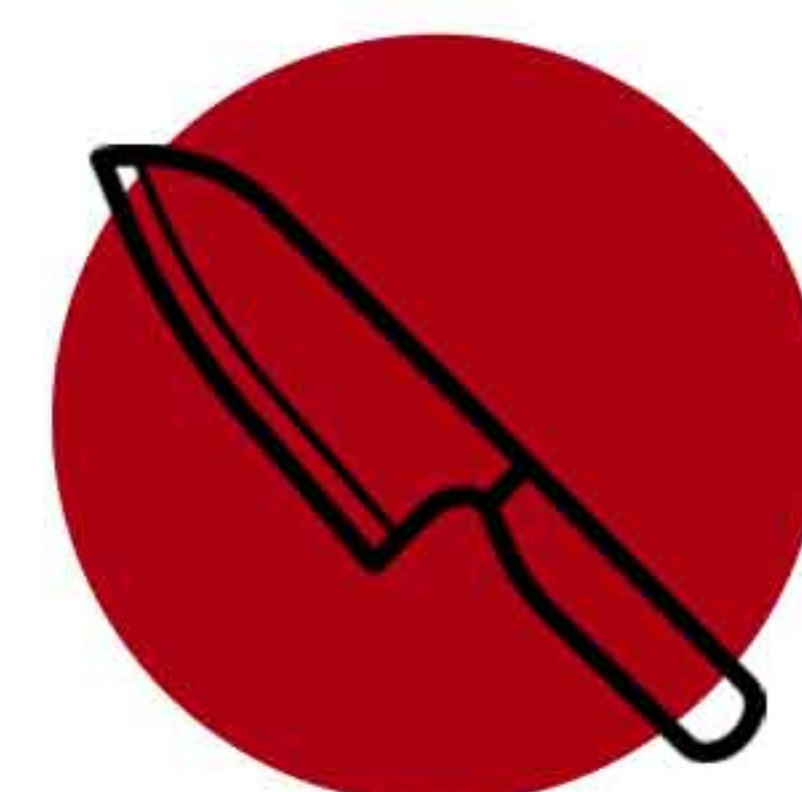
Use a sharp knife to cut the tail in half lengthwise.  
Gently rinse the lobster tails under cool water and  
pat dry with a paper towel.

Brush melted butter with your favorite herbs and  
spices over the tails and set them flesh side down  
on the oiled cooking grates for 3 to 4 minutes.

Turn lobster tails over and cook for an additional  
3 to 4 minutes or until meat is no longer  
transparent. Brush often with butter while  
cooking flesh side up.

Remove the lobster tails from the grill and let cool  
for a few minutes before serving. Serve with more  
drawn butter or a dipping sauce of your choice.

\*Cook to an internal temperature of 145 degrees  
Fahrenheit or more.







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Tender Maine lobster in a creamy filling with potatoes, celery, carrots, and peas, all topped with a buttery and flakey pie crust.  
20 oz serving.

MAINE LOBSTER  
POT PIE

Defrost product under refrigeration. Preheat oven to 350 degrees. Cook uncovered in container for about 30 minutes until product reaches an internal temperature of 165 degrees and is simmering and hot throughout. Remove from oven and let stand for 2-3 minutes before serving. Product may be cooked from frozen for 60 minutes until internal temperature reaches 165 degrees.





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## MAINE LOBSTER MAC & CHEESE

Tender Maine lobster meat and shell pasta in a delicious creamy blend of asiago, romano, mascarpone, and sharp cheddar cheeses, with an herb panko crumb topping. 26 oz serving.

Defrost product under refrigeration. Preheat oven to 350 degrees. Remove product from box and remove inner wrap. Cook uncovered in container for about 30 minutes until product reaches an internal temperature of 165 degrees and is simmering and hot throughout. Remove from oven and let stand for 2-3 minutes before serving. Product may be cooked from frozen for 60 minutes until internal temperature reaches 165 degrees.



MAINE LOBSTER  
RAVIOLIS

Our tender Maine lobster raviolis are filled with a delicious blend of Maine lobster, caramelized shallots, herbs, and a dash of ricotta and mozzarella cheeses. Each package contains 1.5lbs of Maine lobster ravioli.



## COOK FROM FROZEN

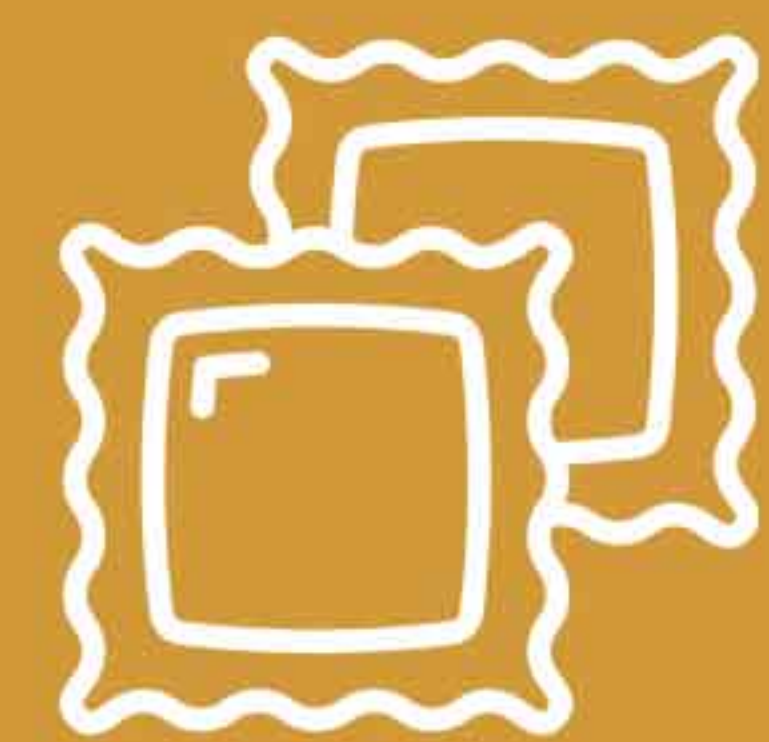
Cook Ravioli in boiling salted water (approx. 8 to 9 ravioli per 4 quarts of water). Ensure you have a vigorous, rolling boil before dropping in the ravioli.

After dropping in the ravioli, stir for 15 to 20 seconds to avoid sticking. Make sure to return water to a full rolling boil before you begin cooking time.

Do not overcrowd the pot; if the ravioli stick together, do not force apart. To prevent breakage, stir gently and allow natural movement of rolling boil to cook them until they release.

Cook Ravioli for 6 to 7 minutes until desired texture and bite. Pasta should be fully cooked until the product reaches an internal temperature of 160 degrees F.

\*Please note, sauce is not included.





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## LOBSTER BISQUE

Maine lobster in a rich roux-thickened stock, with Spanish sherry, light cream, and a dash of white pepper. Gluten-free.



### FROZEN

Bring a pot of water to a boil and place your frozen bag of soup into the water. Immediately reduce heat to medium-high, and ensure you do not boil during cooking. Continue heating for 20-25 minutes, or until product reaches a temperature of 165 degrees. Garnish with chunks of Maine lobster meat, fresh herbs, or freshly made croutons.

### THAWED

Thaw product under refrigeration overnight or until thawed. Pour into a saucepan and heat on medium-high heat until simmering and product reaches a temperature of 165 degrees. Garnish with chunks of Maine lobster meat, fresh herbs, or freshly made croutons.



Hand-shucked clams in a roux-thickened fish stock, with tempered light cream, sautéed onions, rendered salt pork and tender potatoes. Gluten-free.

## NEW ENGLAND CLAM CHOWDER



### FROZEN

Bring a pot of water to a boil and place your frozen bag of soup into the water. Immediately reduce heat to medium-high, and ensure you do not boil during cooking. Continue heating for 20-25 minutes, or until product reaches a temperature of 165 degrees. Serve with oyster crackers, some fresh cracked black pepper, and a dash of your favorite hot sauce if desired.



### THAWED

Thaw product under refrigeration overnight or until thawed. Pour into a saucepan and heat on medium-high heat until simmering and product reaches a temperature of 165 degrees. Serve with oyster crackers, some fresh cracked black pepper, and a dash of your favorite hot sauce if desired.





Have some crab lovers in your family? Treat them to homemade crab rolls with our At-Home Crab Roll Kits! Featuring delicious crab leg meat sourced from North Atlantic rock and jonah crab.



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### THE AT-HOME CRAB ROLL KIT

Our At-Home Crab Roll Kit includes one pound North Atlantic crab leg meat, six New England split-top rolls, and one stick of butter. Makes 4-6 rolls.

We make our delicious crab rolls in the same two styles we make our famous lobster rolls, the Maine Style and the Connecticut Style. See Next page for detailed preparation instructions.



We recommend our Maine & Connecticut style crab rolls, but have fun and experiment with the family by creating your own signature crab roll style!



## INGREDIENTS

1LB North Atlantic Crab Meat  
6 New England Split-Top Rolls  
1 Stick of Butter  
Mayo (you provide)  
Lemon (you provide)

## COOKING

Remove crab meat from packaging and let drain in a colandar for 2-3 minutes. Warm skillet over medium heat. Brush sides of rolls with melted butter and lightly toast each side until golden brown.

### MAINE ROLL STYLE

Delicately line inside of toasted roll with mayo. Place chilled crab meat gently inside of each toasted roll. Serve with a lemon wedge for squeezing and enjoy!

### CONNECTICUT ROLL STYLE

Bring a skillet to medium heat with melted butter. Sauté crab meat in butter for 30-45 seconds until warm. Place warmed crab meat gently inside each toasted roll, and drizzle with drawn butter and a squeeze of lemon. Enjoy!





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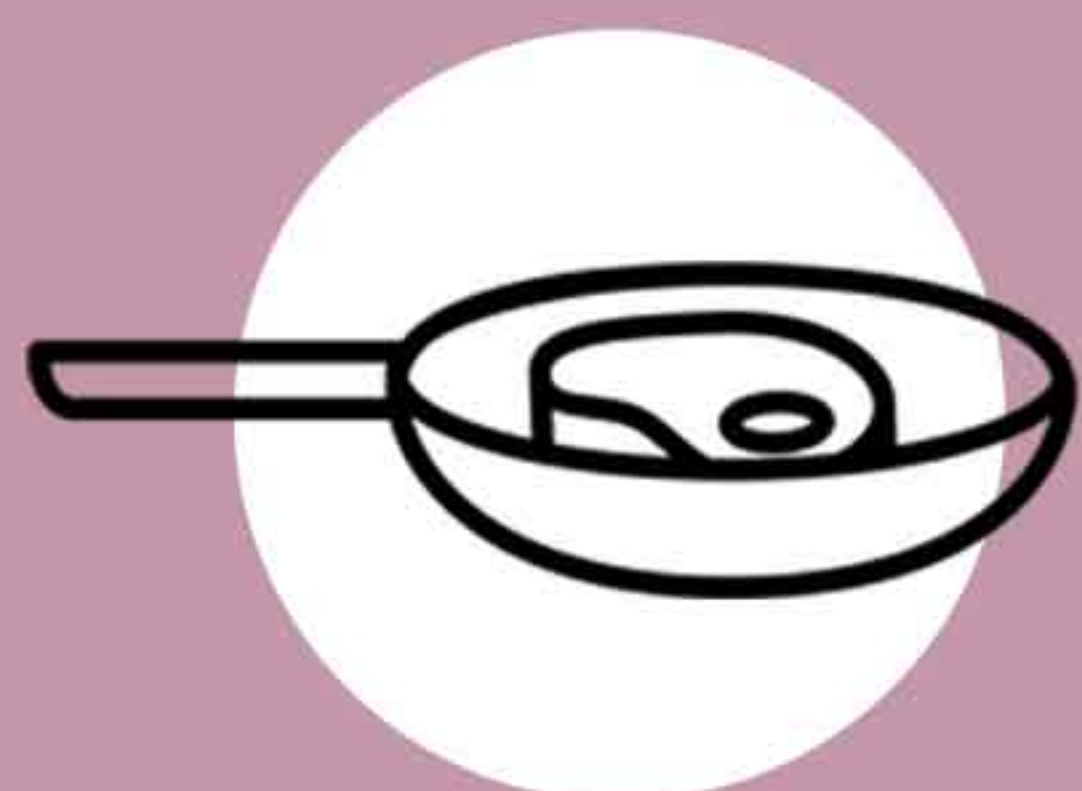
## GULF OF MAINE CRAB CAKES

Our Gulf of Maine crab cakes are handmade with real crab from the icy waters of the Gulf of Maine. 2 per pack.



### FROZEN

Melt a small amount of butter in a sauté pan over medium-high heat. Place frozen lobster cake in pan, sear first side, then flip and sear the other side. Place in 400 degree oven until center reaches an internal temperature of 165 degrees, (about 15 minutes). Serve with lemon wedges and your favorite sauce.



### THAWED

Thaw product under refrigeration overnight or until thawed. Melt a small amount of butter in a sauté pan over medium-high heat. Place thawed lobster cake in pan, sear first side, then flip and sear the other side. Place in 400 degree oven until center reaches an internal temperature of 165 degrees, (about 12 minutes). Serve with lemon wedges and your favorite sauce.





Make your next cocktail party a special one with our beautiful Jonah Crab Cocktail Claws. These claws are sourced from the richest and sweetest Jonah crabs, wild-caught from the crisp, cold waters of the North Atlantic.

Did we mention they're easy? These claws come pre-trimmed, cap-off, so accessing the sweet, succulent crab meat is a breeze, no cracking required! Simply thaw and serve paired with your favorite cocktail sauce or a homemade mustard aioli, and your guests will feel like royalty.

JONAH CRAB  
COCKTAIL CLAWS





Add some turf to your surf with our tender & delicious all natural 8oz tenderloin filets.



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8 OZ  
TENDERLOIN FILETS  
(2 PACK)

Our tenderloin filets are farm raised right here in Maine, with no supplemental antibiotics, hormones or steroids, so you can enjoy the superior taste and tenderness of steaks done right. Our tenderloin filets are the perfect complement to our wild-caught & responsibly sourced Maine lobster tails. Two 8oz filets per pack.





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All the flavors of our childhood spent looking out over beautiful Casco Bay, combined into one meal. Family meal package includes one At-Home Lobster Roll Kit (makes 4-6 rolls), one 26 oz Maine lobster mac & cheese, 4 Gulf of Maine crab cakes, 32 oz of New England Clam Chowder, and a 4-pack of our classic chocolate Maine whoopie pies for dessert. Serves 4.

CASCO BAY  
FAMILY MEAL





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## VACATIONLAND FAMILY MEAL

In the early 1900's, Maine earned the nickname "Vacationland" when people flocked to Maine for its mild summers, beautiful coastlines, and delicious food. Family meal package includes four 1.25lb live Maine lobsters, one 26 oz Maine lobster mac & cheese, 32 oz of New England clam chowder, and a 4-pack of our classic chocolate Maine whoopie pies for dessert. Serves 4.





Be the hero of your next barbecue with our Steaks & Tails Grilling Bundle! This bundle comes with (6) 8oz tenderloin filets, and (6) 4-5oz Maine lobster tails, ready to split and throw on the grill! This bundle makes the perfect gift for that special grillmaster in your life! Serves 6.

**STEAK & TAILS  
GRILLING BUNDLE**





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## SURF & TURF FAMILY MEAL

Treat your family to all the classic flavors of a Maine Surf & Turf dinner. Family meal package includes four 4-5oz Maine lobster tails, four 6oz beef tenderloin filets, 32 oz of lobster bisque, and a 4-pack of our classic chocolate Maine whoopie pies for dessert. Serves 4.





Say "I love you" the Maine way with our Romantic Maine Dinner for Two. This meal makes the perfect gift for Valentine's Day, celebratory occasions, or even just because. This dinner for two includes two 1.25lb live Maine lobsters, two 8 oz tenderloin filets, 1lb jonah crab cocktail claws, 32 oz of New England clam chowder, a CML lobster toolkit, and two red velvet whoopie pies for dessert.

## ROMANTIC MAINE DINNER FOR TWO





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## CLASSIC MAINE WHOOPIE PIES

Don't forget Maine's classic dessert!

Each Maine whoopie pie consists of two rich and velvety cake shells sandwiched around a sweet and creamy frosting filling. We offer a variety of flavors (pictured left to right above) Red Velvet, Classic Chocolate, and Chocolate Peanut Butter. 4 per pack.



Our CML Lobster Toolkit gives you all the tools you need for your Maine lobster dinner! Makes a great gift add-on to any order of live Maine lobsters.

CML LOBSTER TOOLKIT



INCLUDES

- (2) How-to-eat a Lobster Placemats
- (1) Lobster Claw Cracker
- (2) Lobster Bibs
- (1) Packet of Maine Sea Salt (to season pot when cooking)
- (2) Wet Naps



\*We recommend one CML Lobster Toolkit for every two people.



## BUTTER WARMER

Nothing goes better with lobster than drawn butter. Let us help you elevate your Maine lobster experience with our tabletop butter warmers.



## BUTTER WARMER

Make your next Maine Lobster dinner extra special by adding a table top butter warmer to your order. Our butter warmer will keep your delicious drawn butter melted and warm as you enjoy your meal. Our butter warmer includes a stand, ramekin dish, and tea candle.



Need a great last minute gift idea? Our online shop E-GiftCards make a great flexible option!



## ONLINE SHOP E-GIFT CARDS

Want to send some Maine lobster, but not sure what to send or for when? Our Online Shop E-Gift Cards make an amazing flexible alternative to sending perishable gifts.

Our Online Shop E-Gift Cards deliver electronically at 10am EST on the date of your choosing, and can be redeemed for items in our Online Shop. They're quick, convenient, and perfect for spreading the lobster love on birthdays and holidays.







THANK  
YOU

