

ROYAL GREENLAND  
LOBSTER CANADIAN, WHOLE, RAW  
500-550G, 5 KG, FROZEN

Royal Greenland Ltd  
North Wing 2<sup>nd</sup> Floor  
Gateway House  
Styal Road, Wythenshawe  
Manchester, M22 5WY  
United Kingdom  
Tel. +44 161 489 7000  
[www.royalgreenland.co.uk](http://www.royalgreenland.co.uk)



Canadian lobster from the cold waters of Newfoundland's coast is a real luxury in both taste and appearance thanks to its beautiful red-colored shell, the spectacular large claws, and the delicate white meat with the mild, slightly sweet and nutty taste that is so enjoyable. The hard shell lobster is fully packed with firm meat. It is considered the tastiest, as well as the most nutritious lobster, as it is low in fat and high in protein.

The raw, whole lobster is individually packed in a "mesh sock" and is easy to store as well as it has many cooking possibilities. After thawing and cooking the lobster it appears in its fascinating red color, ready to be served cold or hot.

## INGREDIENTS

Lobster (**crustaceans**). Water (protective glaze).

## SERVING

The meat in the lobster's claws and tail is a true luxury. The fresh white mild lobster meat is delicious when accompanied by lime, lemon or garlic and herbs such as thyme and parsley. The Canadian lobster can be served hot or cold and always adds a unique and exclusive look and taste to any serving or buffet.

## COOKING INSTRUCTIONS

Boil the lobster for 10-15 min. in water added a little sugar, salt, paprika and dill. To cool, place the lobster belly up to preserve the juiciness in the meat. For grilled lobster, reduce the cooking time to 5 min, allow the lobster to cool before splitting it in two halves down the middle. Grill it for 5-10 min shell-side down.

## THAWING INSTRUCTIONS

Defrost in refrigerator at max 5°C

## CATCHING GEAR

Pots and Traps

## CATCHING AREA

Northwest Atlantic (FAO 21)

|                        |                    |
|------------------------|--------------------|
| Species                | Homarus americanus |
| Item number            | 119200500          |
| Net weight incl. glaze | 5500 g             |
| Net weight excl. glaze | 5000 g             |
| Glaze (%)              | 6 - 15             |
| Shelflife (days)       | 720                |
| Storage                | Frozen             |

## NUTRITIONAL VALUES

|                      |                  |
|----------------------|------------------|
| Energy               | 300 kJ / 71 kcal |
| Fat                  | 0.6 g            |
| - of which saturates | 0.1 g            |
| Carbohydrates        | 0 g              |
| - of which sugars    | 0 g              |
| Protein              | 14.7 g           |
| Salt                 | 1 g              |

## ALLERGENS

Crustaceans

## CASE DETAILS

|                   |               |
|-------------------|---------------|
| Sales unit        | Case          |
| Gross weight (kg) | 6.1           |
| Net weight (kg)   | 5             |
| Height (mm)       | 95            |
| Width (mm)        | 311           |
| Length (mm)       | 527           |
| EAN no.           | 5740301151814 |

## PALLET DETAILS

|                           |               |
|---------------------------|---------------|
| Cases in UK/US pallet     | 119           |
| Cases in one pallet layer | 7             |
| Layers in one pallet      | 17            |
| Gross weight (kg)         | 753.9         |
| Net weight (kg)           | 595           |
| Height (mm)               | 1765          |
| Width (mm)                | 1000          |
| Length (mm)               | 1200          |
| EAN no.                   | 5740301145783 |

## LANGUAGES

IT, DE, FR, CHN, ES, EN

