

COOKING INSTRUCTIONS

STUFFED LOBSTER

Preheat oven to 400°F with oven rack in the middle

Place lobster on sheet tray and sprinkle water (or white wine) over lobster and seafood stuffing

Bake for 15–20 minutes until meat is cooked through

Add bread crumbs and melted butter on top of the stuffing, and bake for another 3–5 minutes until golden brown

STUFFED SHRIMP

Preheat oven to 400°F

Spread shrimp onto oiled sheet tray

Bake for 12–15 minutes until the stuffing is golden brown

Check shrimp for doneness

Add 3–5 more minutes, if necessary

LOBSTER MAC & CHEESE

Preheat oven to 350°F Bake for 20–25 minutes

SEAFOOD CASSEROLE

Preheat oven to 350°F Bake for 20–25 minutes

STUFFIES

Preheat oven to 425°F Bake for 8–10 minutes