



COOK TIMES FOR SEAFOOD DEPARTMENTS

LOBSTER

Amount {Each, Live}

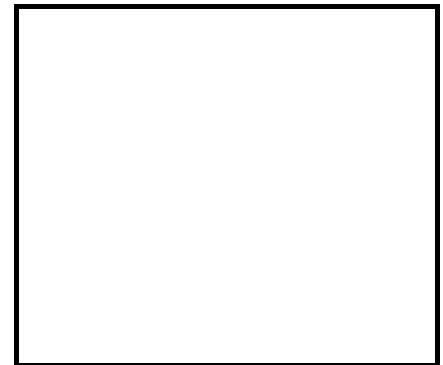
Weight Range(Lbs.)	1	2	3	4	5	6	7	8	9	10
1.00-1.24	:50 Hi/1:05 Med	2:10	4:00	5:30	6:30	7:30	8:30	9:30	11:00	13:00
1.25-1.49	2:10	4:00	5:30	6:30	7:30	8:00	9:00	11:00	13:00	14:00
1.50-1.74	2:30	4:30	6:00	7:00	8:00	9:00	11:00	13:00	14:00	15:00
1.75-1.99	3:00	5:00	6:30	7:30	9:00	10:00	NA	NA	NA	NA
2.00-2.24	3:30	5:30	7:30	8:30	9:30	11:00	NA	NA	NA	NA
2.25-2.49	4:00	6:00	8:00	9:00	10:00	12:00	NA	NA	NA	NA
2.50-2.99	4:30	7:30	9:00	10:00	11:00	13:00	NA	NA	NA	NA
3.00-3.99	5:30	8:30	10:00	11:00	12:00	14:00	NA	NA	NA	NA
4.00-5.00	6:00	9:00	11:00	12:00	14:00	17:00*	NA	NA	NA	NA

SHRIMP

Size {In Count Per Lb.}

Weight Range(Lbs.)	U-10/12	U-15	16-20	21-25	26-30	31 +
0.50-0.74	:56	:50	:46	:40	:36	:32
0.75-0.99	1:10	1:00	:56	:50	:46	:40
1.00-1.24	1:30	1:20	1:10	1:00	:56	:50
1.25-1.49	1:50	1:40	1:30	1:20	1:10	1:00
1.50-1.74	2:10	2:00	1:50	1:40	1:30	1:20
1.75-1.99	2:30	2:20	2:10	2:00	1:50	1:40
2.00-2.50	2:50	2:40	2:30	2:20	2:10	2:00
2.51-3.00	3:15	3:00	2:50	2:40	2:30	2:10
4.00	3:30	3:15	3:15	3:00	3:00	2:50
5.00	4:30	4:15	4:15	4:00	4:00	3:45

SPECIALS



CRAB LEGS:

Weight Range	Time
0.50-0.74	0:52
0.75-0.99	0:56
1.00-1.24	1:10
1.25-1.49	1:30
1.50-1.74	1:50
1.75-1.99	2:10
2.00-2.50	2:30
2.51-3.00	2:50
4.00	3:15

CLAMS/MUSSELS/STEAMERS:

Weight Range	Time
1.00-1.24	1:40
1.25-1.49	1:50
1.50-1.74	2:00
1.75-1.99	2:10
2.00-2.24	2:25
2.25-2.49	2:40
2.50-2.99	2:50
3.00-3.99	3:00
4.00-5.00	3:45

FISH: Filets & Steaks

1. Bring ½" of water or fish fumet/stock to a boil, on "HI" power, in a covered pan.
2. Place filets/steaks in the now simmering liquid.
3. Cover and return pan to the oven.
4. For every 8 oz. of fish, heat on "MED" power for :30/ :40 seconds.

Note: All cooking to be done on "HI" power.