



COOK TIMES FOR SEAFOOD DEPARTMENTS:

NE-3280/NE-2180

LOBSTER

Amount {Each, Live}

Weight Range{Lbs.}	1	2	3	4	5	6
1.00-1.24	1:50/2:30	2:10/2:50	4:00/4:15	5:30/7:00	6:30/8:00	7:30/9:00
1.25-1.49	2:10/2:50	4:00/4:15	5:30/7:00	6:30/8:00	7:30/9:00	8:00/9:30
1.50-1.74	2:30/3:15	4:30/6:00	6:00/ 7:30	7:00/8:30	8:00/9:30	9:00/11:00
1.75-1.99	3:00/3:45	5:00/6:00	6:30/8:00	7:30/9:00	9:00/11:00	10:00/12:00
2.00-2.24	3:30/4:30	5:30/7:00	7:30/9:00	8:30/10:00	9:30/11:30	11:00/13:00
2.25-2.49	4:00/5:30	6:00/ 7:30	8:00/9:30	9:00/11:00	10:00/12:00	12:00/14:00
2.50-2.99	4:30/6:00	7:30/9:00	9:00/11:00	10:00/12:00	11:00/13:00	13:00/15:00
3.00-3.99	5:30/7:00	8:30/10:00	10:00/12:00	11:00/13:00	12:00/14:00	14:00/16:00*
4.00-5.00	6:00/ 7:30	9:00/11:00	11:00/13:00	12:00/14:00	14:00/16:00*	17:00*/19:30*

*** Indicates two stage cooking.

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	:56/1:20	:50/1:10	:46/1:00	:40/ :56	:36/ :50	:32/ :48
0.75-0.99	1:10/1:40	1:00/1:30	:56/1:20	:50/1:10	:46/1:00	:40/ :56
1.00-1.24	1:30/2:00	1:20/1:50	1:10/1:40	1:00/1:30	:56/1:20	:50/1:10
1.25-1.49	1:50/2:30	1:40/2:15	1:30/2:00	1:20/1:50	1:10/1:40	1:00/1:30
1.50-1.74	2:10/2:55	2:00/2:40	1:50/2:30	1:40/2:15	1:30/2:00	1:20/1:50
1.75-1.99	2:30/3:15	2:20/3:00	2:10/2:50	2:00/2:40	1:50/2:30	1:40/2:15
2.00-2.50	2:50/3:45	2:40/3:30	2:30/3:15	2:20/3:00	2:10/2:50	2:00/2:40
2.51-3.00	3:15/4:00	3:00/3:45	2:50/3:30	2:40/3:15	2:30/3:00	2:10/2:55
4.00	3:30/4:15	3:15/4:00	3:15/3:45	3:00/3:30	3:00/3:15	2:50/3:00
5.00	4:30/5:30	4:15/5:00	4:15/4:45	4:00/4:30	4:00/4:15	3:45/4:00

CRAB LEGS:

Weight Range{Lbs.}	Time
0.50-0.74	0:52/1:15
0.75-0.99	0:56/1:30
1.00-1.24	1:10/1:50
1.25-1.49	1:30/2:10
1.50-1.74	1:50/2:30
1.75-1.99	2:10/2:50
2.00-2.50	2:30/3:15
2.51-3.00	2:50/4:15
4.00	3:15/4:00

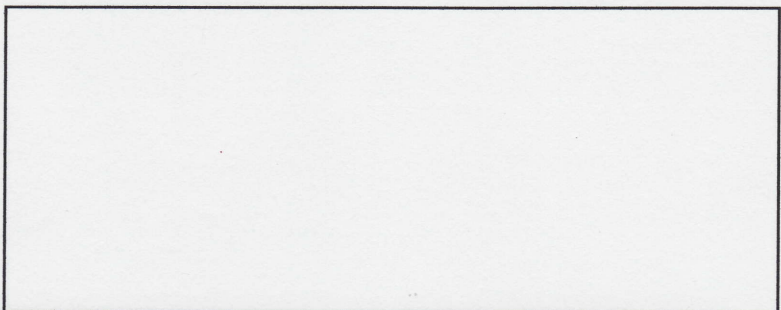
FISH: Filets & Steaks

1. Bring 1/2" 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.

CLAMS/MUSSELS/STEAMERS:

Weight Range{Lbs.}	Time
1.00-1.24	1:40/2:15
1.25-1.49	1:50/2:25
1.50-1.74	2:00/2:40
1.75-1.99	2:10/2:50
2.00-2.24	2:25/3:00
2.25-2.49	2:40/3:45
2.50-2.99	2:50/4:15
3.00-3.99	3:00/4:30
4.00-5.00	3:45/5:00

SPECIALS



Note: All cooking to be done on "HI" power - unless otherwise indicated.