

Lobster Eating in Prince Edward Island, Canada

<https://www.youtube.com/watch?v=9s2tnwacgCg>

Hi, I'm Len Kauffman and welcome to another episode of All Things Cruise.

Today we're on Prince Edward Island Canada, famous for its lobsters, however not everyone knows how to eat a lobster, so we've called in an expert to show us how.

Her name is Megan and she's a native of Prince Edward Island.

Here she is, Megan.

Hi, I'm Megan and welcome to Prince Edward Island.

Of course no visit here is complete without tasting one of these little crustaceans, our little friend here, the lobster.

Now anywhere that you try one I am pretty much going to be able to guarantee that you're going to enjoy your meal.

Of course, the question is, how exactly do we get the meat out from inside this red shell?

It can be a daunting task.

It'll come prepared from the kitchen for you which is really a very handy thing, it'll come cracked and you can see here, that there are some cracks in the shell on the lobster.

This is a one and a half pound lobster.

Now you're going to notice that I'm wearing a bib and you might think that it's a little bit foolish but you're going to want to wear one while you're having it lobster dinner.

It's a pretty messy meal and it's especially going to help protect your clothes.

You're also going to want to tie back your hair because you don't want that impeding your meal.

Now the lobster is made up of a few different parts.

We've got the claws at the front and there's two of those.

We've got our legs.

You'll notice there are four on each side, tasty little guys.

And of course, the tail which is a delicacy.

When I normally eat a lobster I usually start with the legs.

You see little guys that are on the side?

They're very easy to tear off, you just reach in, and click.

You know you said it it might not look like there's a whole lot inside this but there's actually a little bit of meat.

It's usually very sweet, a little bit of juice as well and, well you just have to put it in your mouth and eat it.

Once I've gotten all the meat out of the leg this is where this can comes in handy. Done.

Then, once I've taken all my legs off the lobster, as well as enjoyed the juicy meat that's inside, I usually start eating with the claws next.

Now, as I said before, it's been cut for us by the kitchen downstairs, however you want to be careful.

The shell is very hard and there are some pointy parts on the claws, so when you're pulling it off you're going to want to be cautious not to hurt yourself.

And we're going to move on to eating the claw of the lobster, you'll notice this one has been cracked straight through from the kitchen downstairs.

So I'm going to be able to move that right off and set it aside while I remove the rest of the arm off the lobster.

A little bit of a twist, but it comes off quite easily.

See that?

I've got a nice big piece of shell.

It's actually got quite a bit of meat inside so to get into the arm of the lobster we'll kind of just have to pick it up and start ripping into it.

See that?

There's different joints throughout the arm in the lobster.

That's how they actually crawl around the bottom of the sea, but it actually makes it a bit easier for us dig in.

It's right across now.

Again be careful, there are some pointy parts on the top of the shell so you don't want to hurt yourself.

This is where the cracker comes into play.

We want to be able to get inside this.

Now we take our cracker and we're going to use these two points as eating points.

Apply pressure onto the shell of the lobster.

So we'll open it up, put it right on, and we're going to crack it.

Thanks actually just cracked, so this shell is empty, came right off the claw, into the bin.

And inside here, we've got lots of meat and this is where our picker comes.

Grate it, right inside the shell.

Hold the meat right, so once the shell is empty, I toss it into the bin and go on to the next bit.

Now to you this might seem bizarre, but here on Prince Edward Island this is pretty common fare.

In fact, I don't think I know of a kitchen that doesn't have a picker and a cracker in its drawers.

Now we can't forget about the delicious meat that's inside the claw here, so since it's already been cracked for us, you can try to pull it out.

But you'll notice it sticks a little.

You have to actually pull the claw part.

You take both sides.

Be careful.

It's a little bit sharp.

Apply pressure and pull.

This will allow the big chunk to come out nice and easily.

In the bin you go, and this is where we need our picker, dig right inside.

Pull, and of course once we finished with our claws and our legs its time to dig into the tail.

Now this could be a little bit messy, but it's already been cracked for us, like I pointed out before, and I think pretty much every single person who lives on PEI knows how to do this.

You actually just have to grab the lobster, lift it and pull, but at this point we're going to dig into the tail and you can see, it's already been cracked by the kitchen downstairs.

It actually pulls apart quite easily.

Now we are eating an animal so you can tell there's going to be a little bit of waste inside and that's something that you want to avoid while you're eating it so we're just going to dig it out and put it in our pail.

There's lots of really delicious meat in here as well.

Oh, and of course, like I said, this is where some of those napkins come in very handy.

And now comes time to remove in the meat out of the tail.

You're going to literally just take the knees, hold the shell and pull.

It comes out very easily.

Add that to our meat pile.

Here's a little secret.

At the very end of the tail we've got these little things that almost look like fins.

Rip those off.

There is actually quite a bit of meat inside and you eat that just like you eat legs. The tin.

But then, as you can see, we haven't even pulled the meat out of the entire lobster yet and we've already accumulated quite a bit.

Now this lobster was a pound and a half, which is a pretty generally common size for what somebody on Prince Edward Island would order or get from the market, if they're taking it home to eat, and as you can see it makes for a pretty good meal.

A lot of people think that there isn't actually a lot to eat inside a lobster but I'm going to prove them wrong and I'm going to show you just how much meat is actually inside.

Pull the rest of my tail apart.

This goes on the pile, of course, I want to save these.

You see, that's why we're wearing a bib.

Oh, its a big claw and pull. Comes right off.

A lot of people think that there isn't anything to eat inside the body.

There is a little bit of meat inside and some people do find it quite tasty, but don't feel like you have to eat it.

In fact, a lot of people on Prince Edward Island don't really like eating the body simply because it is such a messy thing to do.

I've removed all my legs, and now my body, and since I am one of those people who prefer not to eat it because it's just so messy, its gonna go right into my tin.

Save my legs for later.

This is definitely a lobster who's having an out-of-body experience.

Oh goodness, I need my crackers on this one.

Again, crackers, it's all about pressure ... and you're cracking, and they're cracking, there it is. Breaks right off. Big claw.

See, there's cartilage inside there as well. Here goes a great big piece. Tin.

Finally got our leg.

There's really no right way to crack a lobster, you kind of just have to go for it.

Of course, the messier it is, usually the tastier it is.

Then, you just grab your picker, take all of that delicious meat out.

We're all cracked up, finished that's all she wrote???? and there we are.

Look at all the meat that was inside. Finished.

This makes for a delicious meal.

And that's how we eat lobster on Prince Edward Island.

I'm Megan, thanks for joining me today and I hope that during your visit you'll be able to enjoy one of these as well.

Right now, I know I am.