

# lobster tales

*Seasonal Lobster  
Recipes*

Fresh & Festive

Roast Lobster Tail  
with Miso Butter

*What really  
goes on at sea?*

Meet our fishers

*Sustainability*

Why WA is a  
World Leader

Delicious & Nutritious • Confidently Cooking Lobster • Buying Guide

# What's Inside



8

**Cooking your lobster with confidence**  
**A STEP-BY-STEP GUIDE**



11

**OUR NUTRITIONIST**  
**Tells us why lobster should be on your meal list more often**



20-23

**GETTING FESTIVE**  
**With lobster recipes and matching wines**



24-25

**IT'S A LIFESTYLE**  
**Why this 20 something chose the fisher life**

Western Rock Lobster Council, 28 Mews Road, Fremantle WA 6160 | [www.backofboat.com](http://www.backofboat.com) | [@westernrocklobster](https://www.instagram.com/westernrocklobster) | [f/BackofBoatLobsters](https://www.facebook.com/BackofBoatLobsters)

## Contributors



**KATE FLOWER**

MAGAZINE EDITOR, STYLIST  
AND RECIPE DEVELOPER

West Australian food stylist and recipe developer Kate Flower loves nothing more than getting busy in the kitchen with local produce creating approachable dishes anyone can tackle at home. Kate was genuinely excited to work with WA's iconic western rock lobster to produce recipes showcasing the versatility of local lobsters and how you can enjoy them on a regular basis. Fremantle-based Kate leads an active life with her husband and three kids, often focused around water, with adventures to Rottnest or enjoying the river and beaches near her home.



**CRAIG KINDER**

LEAD PHOTOGRAPHER

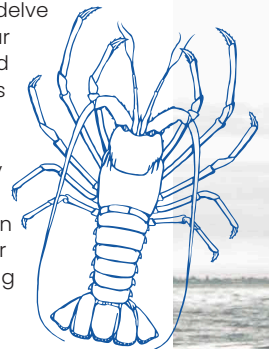
A nature man at heart, Craig Kinder is never happier than surfing or taking photographs in the natural environment particularly along our coastline. An award-winning photographer, Craig has specialised in food and travel for the past 30 years and has 45 cookbooks to his name. Career highlights include shooting Curtis Stone's first cookbook in London in 2004, working with renowned French chef Alain Fabregues of The Loose Box and his travels to Vietnam, Sri Lanka and India to photograph different cultures and cuisines. As a lover of the ocean and seafood, he was excited to take part in this Western Rock Lobster publication knowing their commitment to sustainable fishing practices.



**KELLY DAVIS**

EDITOR AND WRITER

Journalist Kelly Davis loves storytelling and having worked for magazines, both *The Sunday Times* and *The West Australian* newspapers and for local businesses in WA she always enjoys hearing what people have to say, no matter the subject! Kelly jumped at the chance to delve into the lives of our local fishers to find out what happens out there in that deep dark blue ocean in the early hours of the morning. An ocean lover, Kelly is never happier than being at the beach, dog and family in tow.



Design by Jill Swingler @ [www.seapixel.com.au](http://www.seapixel.com.au)

### ACKNOWLEDGEMENT OF COUNTRY

Western Rock Lobster acknowledges the Traditional Custodians of the Lands throughout Western Australia and recognises their continuing connection to these lands. We pay our respects to Elders, past and present.

# Welcome



Welcome to Lobster Tales! As an initiative of the Western Rock Lobster Council, this publication is dedicated to celebrating the unparalleled delights of the lobsters found along Western Australia's pristine coastline. Our goal is to showcase the multitude of ways to enjoy these

exquisite culinary delights, share fascinating stories of our local fishers, shed light on our sustainable fishing practices, and acknowledge the unwavering dedication of the people in our industry who work tirelessly to keep the industry flourishing.

One aspect we take immense pride in is our commitment to sustainability. Through responsible fishing practices and strict regulations, we ensure the long-term viability of the fishery for future generations and thriving ecosystems. By practicing sustainable fishing, we strike a balance between meeting consumer demand and protecting the valuable marine environment.

However, it is important to acknowledge the challenges we face. Fluctuating market demands, the impacts of climate change and evolving regulatory frameworks pose significant obstacles. In the face of these challenges, it is essential for us to unite and support our local fishers.

Looking ahead, we see a future filled with exciting prospects for the western rock lobster industry. Adaptation to changing dynamics will drive innovation in fishing techniques, sustainable practices and the exploration of new markets. Collaboration among industry stakeholders, researchers and government will be vital

in ensuring a resilient industry full of opportunity.

We invite you to join us on this captivating journey as we celebrate the western rock lobster industry. By supporting local fishers, raising awareness, and embracing sustainable practices, we can preserve this cherished product and industry for generations to come.

Prepare to be inspired, engaged and connected to the rich heritage of Western Australia's rock lobster industry. Enjoy Lobster Tales!

*Matt Taylor*  
CHIEF EXECUTIVE OFFICER

## CONTENTS

Summer Lobster Recipes	4-7
Cooking your Lobster with Confidence	8
Quick Ways with Lobster	9-10
Nutritional Facts + Health Benefits	11
WRL's Sustainability Wins	12-13
Recipes for the Family Table	14-17
Fisher Profiles	18-19
Festive Lobster Recipes	20-23
On Deck with Onika Basile	24-25
Lobster Quick Facts	25
Lobster Buying Guide	26
Choosing your Lobster	27
Restaurant Guide	27

DISCLAIMER - Published by Western Rock Lobster. Copyright 2023 by Western Rock Lobster. All rights reserved. Reproduction in whole or part is strictly forbidden without written permission of the publisher. Western Rock Lobster accept no responsibility in respect of any products, services or goods which may be presented in this magazine, or any errors in editorial references.





# Summer Recipes

# Fresh Lobster and Pineapple Spring Rolls

Fresh spring rolls can be a little tricky to master, but once you've nailed the tight roll they are simple to put together and always make a great impression. The crunchy greens, fresh herbs, sweet pineapple and rich lobster flesh in this version are a match made in heaven. If you're looking for a fabulous way to share lobster with a crowd, then this recipe is perfect.

GF | DF | MAKES: 12 | PREP TIME: 30 mins | COOK TIME: 10 mins

## INGREDIENTS

- 2 western rock lobsters, boiled and chilled (see page 8)
- 12 large rice paper squares (21cm squared)
- 1 iceberg lettuce, leaves separated, washed and spun dry
- ½ bunch mint, washed and picked
- ½ bunch Thai basil (optional)
- 1 bunch coriander, washed, roots trimmed and cut into 10cm lengths
- 2 Lebanese cucumbers, halved lengthways, then sliced into 3 lengthways again
- ½ pineapple, cored, trimmed of skin and sliced into 5mm by 10cm lengths
- 1 cup, thin rice noodles, cooked and cooled

## Nuoc Cham

- ¼ cup fish sauce
- 60ml rice vinegar
- 2 tbsp white sugar
- 125ml water
- 2 garlic cloves, finely chopped
- 1 red birdseye chilli, finely chopped
- 2 tbsp lime juice

To make Nuoc Cham combine all ingredients in a bowl and whisk with a fork to combine. Stir prior to serving.

## SHELLING LOBSTER

1. If your lobster was cooked whole, remove the head by twisting the carapace and abdomen (tail) firmly in opposite directions.
2. Clean the tomalley from the neck meat under gently running cold water.
3. Now flip the tail upside down so the soft shell is facing up and cut down either side of the ribs so you can peel back the shell, a bit like opening a can of sardines.
4. From there, use your hands to loosen the lobster meat from the shell and it should come out easily and neatly.

## TO PREPARE

5. Slice the lobster tail into 5mm strips lengthways and set aside.
6. Choose a dish with high sides that will fit your wrappers and fill with warm water.
7. Dampen a tea towel and lay it on your bench as this will stop the wrapper sticking to the bench.
8. Have all the ingredients in bowls to hand. Dip a single wrapper into the water and allow to sit for ten seconds until pliable. You want it to be soft and workable without being mushy.
9. Remove the wrapper and allow water to drip off. Lay the wrapper in a diamond on the tea towel in front of you.

10. Start to stack your ingredients a third of the way into the wrapper so you will be able to bring the bottom corner up and over the stack once it is complete.
11. Start with a lettuce leaf folded over a couple of times then trim each end so there is 5cm of wrapper visible each side.
12. Continue to stack lobster, pineapple, cucumber, a small bunch of mixed herbs and ¼ cup noodles all laid out evenly and continuing to leave 5cm either side of the stack.
13. Bring the bottom corner of your wrapper tightly over the ingredients and tuck to secure.
14. From here you bring each side firmly in over the stack to close the wrapper and roll it forward to completely enclose the ingredients.
15. Make sure you keep gently adjusting the package as you roll to keep it tight.
16. Set the spring roll aside on a plate under a damp paper towel (so the wrapper doesn't dry out) and repeat until all 12 are rolled.
17. Slice the spring rolls in half straight through the middle (or leave whole) and serve with Nuoc Cham.

## Cook's Notes

Try mango as a swap for pineapple.

If your rice paper tears during rolling, you can rescue it by wrapping the spring roll in a second paper.





# Steamed Lobster with Ponzu and Lime

GF | DF | MAKES: 6-8 | PREP TIME: 30 mins | COOK TIME: 10 mins

Impress your guests with this sophisticated seafood dish which is as visually impressive as it is delicious. A picture perfect plate of finely sliced steamed lobster tail, elevated with bold flavours and delicate textures.

## INGREDIENTS

- 2 western rock lobsters, steamed (see page 8), shelled (see page 5), sliced into thin medallions
- 5 radish, sliced very finely
- 8 yellow cherry tomatoes, sliced into thin rings
- 1 cup watercress
- 1 punnet micro herbs
- ½ cup edamame beans, cooked in boiling water for 2 minutes and chilled
- 4 finger limes, two sliced into rings, two with pearls removed and reserved for serving
- Chilli oil for colour and heat

## Ponzu and Lime Dressing

- 3 tbsp ponzu sauce
- 1 lime, juiced
- 1 tsp sunflower oil
- ½ tsp toasted sesame oil
- 2 kaffir lime leaves, finely shredded

## TO PREPARE

### Dressing

1. Combine all ingredients and blend thoroughly in a food processor or with a stick blender. Dressing will last two weeks refrigerated.

## TO PLATE

2. Arrange lobster medallions and radish on a platter just overlapping and in an organic manner.
3. Place watercress, herbs, edamame and cherry tomatoes evenly across the lobster and radish.
4. Finish with finger lime slices and pearls and a tiny drizzle of chilli oil to taste.
5. Drizzle with Ponzu and Lime dressing, reserving some to serve at the table.





### *Cook's Notes*

To make slicing easier, tightly wrap and chill the lobster tail in the freezer for 15 minutes. This will firm the meat, helping you cut neater rounds.

# Cooking your Lobster with Confidence

Let's walk through best practice for steaming, frying or boiling your lobster to perfection.

LOBSTER COOKING CHART	WEIGHT	BOIL	STEAM
	400gm	8 - 9 minutes	10 - 12 minutes
	500gm	9 - 10 minutes	12 - 14 minutes
	600gm +	10 - 12 minutes	14 - 17 minutes

Like most seafood, it's preferred that you undercook lobsters a little and let them rest a few minutes before serving. Seafood will continue to cook after being removed from the heat.



## STEAM

1. Once your lobster is dispatched, remove the head by holding the tail and carapace firmly and twisting each in opposite directions.
2. Pull the carapace from the tail and remove the tomalley by brushing it away gently with your fingers under running water.
3. To keep your lobster straight while cooking, place a thick skewer through the anus and straight through the flesh of the neck.
4. Add 2 inches (50 ml) of salted water to a large stock pot. Fit a steam rack into the bottom or fit a steamer basket with lid to the pot size. Cover pot and bring to a boil.
5. Add the lobsters one at a time. Do not overcrowd the steamer.
6. Cover, and cook according to the time chart.

**Note - You can also steam a lobster whole and clean after cooking.**



## FRY / BBQ

1. Once your lobster is dispatched, split the lobster lengthways along the back with a very sharp knife.
2. Remove the black vein from the tail. Holding the tail pointed upwards clean away the tomalley by brushing it away gently with your fingers under running water.
3. Follow your recipe instructions regarding the addition of fat and seasoning to your lobster.
4. Place lobster shell side down on barbecue or in a frypan for around 5 minutes (depending on size of lobster), to help retain the juices. When the meat closer to the tail has turned white, but near the center is still slightly opaque, turn lobster over (flesh side down), for a minute or two.
5. Turn the lobster over again, add any further dressing or seasoning as per recipe and allow to warm through (further minute or two).



## BOIL

1. Once your lobster is dispatched, fill a large pot 2/3 full with salted water (add a tablespoon of salt per litre of water) and bring to a boil.
2. Gently plunge the lobster/s into the water, head first.
3. Cover, return to a boil, and cook according to the time chart.
4. The meat will change from opaque to white when cooked and the shell will turn bright red.
5. Remove the lobsters from the pot with tongs and place on a plate to drain and cool.
6. If you are serving them cold, plunge them into an ice bath to stop the cooking process straight away.



# Quick & Easy

Why buy store-bought when you can whip up one of these three punchy dipping sauces in a flash at home. All three pair perfectly with lobster, creating a brilliant platter for casual entertaining. All sauces can be prepared in advance, stored in the refrigerator and popped on the table when the lobster is cooked and ready to serve.

## All Dressed Up



### Citrus and Ginger Dressing

- 2 oranges, freshly juiced
- 2 tbsp fresh lime juice (or to taste)
- 1 tbsp soy sauce
- 1 tbsp sunflower oil
- 1 tbsp fresh ginger, finely grated
- 3 red chillies, thinly sliced
- 1 tsp apple cider vinegar
- 1 tsp caster sugar
- ¼ cup mint leaves, torn
- 2 tbsp basil leaves, finely sliced
- 2 tbsp chives, finely sliced
- 1/3 tsp saffron steeped in 1 tbsp warm water for 10 minutes

#### TO PREPARE

1. Combine all ingredients in a jar with a tightly fitting lid. Shake to combine.
2. If you would like to prepare this dressing ahead it will store for up to a week in the refrigerator, however only add the fresh herbs just prior to serving.



### Fresh Tartare

- 1 cup natural yoghurt
- ½ cup good quality mayonnaise
- ¼ cup parsley, leaves picked and finely chopped
- 2 tbsp dill, finely chopped
- 2 spring onions, finely sliced
- 6 cornichons, finely diced
- 1 lemon, juice and zest

#### TO PREPARE

1. Place all ingredients in a bowl and stir to combine.
2. Store in the fridge for up to 2 weeks.

## Fried Lobster Tail

#### INGREDIENTS

- 2 western rock lobsters, boiled (see directions page 8), shelled (see page 5), sliced in half lengthways, remove intestinal tract, then cut into bite sized pieces.
- 2 tbsp olive oil
- 2 tbsp butter
- Sauces (see below)
- Chilli salt (see below)

#### TO PREPARE

1. Flash fry lobster pieces in a hot pan with a little melted butter and olive oil to caramelise the flesh (1-2 minutes).
2. Serve on a platter with accompanying sauces.
3. Sprinkle lobster with a little chilli salt before serving (see below).

### Chilli Mango Sauce

(Pictured top left)

- 1 cup (packed) fresh mango, roughly diced (or use frozen)
- 2 tbsp coriander, leaves and stems, roughly chopped
- 2 tbsp red onion, finely chopped
- 1 tbsp fish sauce
- 1 tbsp sweet chilli sauce
- 1 tsp red chilli, finely chopped (adjust to taste)
- Lime juice to taste

#### TO PREPARE

1. Place ingredients in a small food processor (or blender).
2. Pulse until well combined, (you can have a chunky or smoother finish as you prefer), then adjust salt and heat to taste.
3. Season with lime if you'd like to increase the sour.

Note - This sauce would make a lovely alternative dressing for the Lobster Cocktail.

### Chilli Salt

- 4 tsp flaked salt
- 1 tsp flaked chilli

Combine salt and chilli and sprinkle across lobster tails before serving

# Quick & Easy



## Rock Lobster Salsa Tostada

GF | DF  
MAKES: 8  
PREP TIME: 20 mins  
COOK TIME: 10 mins

This salsa has all the essential ingredients of a dish that hits just the right notes. It's fresh, healthy, flavourful and offers the added interest of beautiful local lobster to boot. This is a great way to use a cooked tail or two to share with a crowd. Serve with good quality corn chips or create tacos by loading it into a soft tortilla with guacamole. It's a win either way.

### INGREDIENTS

- 2 western rock lobsters, boiled (see directions page 8), shelled (see page 5) and diced to 1cm
- 2 Lebanese cucumbers, finely diced
- ½ red onion, finely diced, soaked in water for 15 minutes, drained well
- 1 cup coriander leaves, chopped
- 1 garlic clove, finely minced
- 1 green capsicum, finely chopped
- 2 long red chillies, seeds removed, finely chopped
- 3 tomatoes, seeds removed, finely chopped
- ½ lime, juiced
- 2 tbsp white wine vinegar
- 2 tbsp extra virgin olive oil
- Sea salt to taste
- 1 large pack quality corn chips

### TO PREPARE

1. Place all salsa ingredients in a large bowl and gently toss to combine.
2. Fill a serving bowl with the salsa.
3. Serve with quality corn chips and extra lime wedges on the side.

### Serving Suggestions

**SOFT TACO**  
Serve the salsa in a warm soft tortilla with guacamole.

**SALAD**  
Toss salsa through crisp baby cos.

**STUFFED AVOS**  
Slice avocados in half, remove the seed and fill with salsa as a lunch option.

# Health & Nutrition

WITH JESSICA LOWE

## LOBSTER ON YOUR TABLE

Tasty and delicious? Absolutely, but did you know when you are devouring a freshly caught western rock lobster you are also delivering your health a boost?

Nutritionist and health coach Jessica Lowe shares her insights into just what these local crustaceans can provide on a nutritional level.

As a nutritionist, my role and life joy is to help people achieve optimal health and wellness with the power of whole food.

One of the areas I teach my clients to prioritise is a diet containing a wide variety of foods to ensure they optimise their nutrient intake and don't end up with nutrient deficiencies.

Protein is the main element involved in the growth formation and repair of our bones, muscles, and tissue, and it is an essential part of a healthy diet. However, not all proteins deliver the same nutritional benefits, so you need to mix up your protein sources to receive a healthy variety of amino acids and micro-nutrients (vitamins and minerals).

We get protein from many foods such as shellfish, fish, eggs, red meat, nuts, poultry, dairy products, legumes and soy.

Our digestive system breaks down these proteins making use of the amino acids to build muscle and aid the body's repair. Without the consumption of protein from food we can't make amino acids, which can result in weakened muscle tissue and stunted growth.

There are two types of amino acids known as essential and non-essential. As you've probably guessed, essential amino acids are required for good health and repair, and without them, our bodies just won't function at an optimal level.

Since not all protein sources have all nine essential amino acids, it's important to enjoy a variety of proteins and not just rely on your go-to's like chicken, meat and eggs.

Western rock lobster is a high-quality protein containing approximately 21 grams of protein per 100 gram serving, as well as several essential amino acids. It's also low in fat and the fat contained is healthy fat (not saturated).

---

**“Western rock lobster is a high-quality protein.”**

---

The healthy fats found in western rock lobster are known as EPA and DHA, the two types of omega fatty acids which support heart health by lowering blood cholesterol levels. Omega fatty acids also improve cognitive function and lower the body's inflammatory response. Unlike chicken, western rock lobster is also an exceptional source of the trace element copper. Copper is involved in energy and DNA production. Western rock lobster also contains selenium and iodine, both essential for thyroid function and, important to note, not many foods contain both.

So, you can see why our sustainable, locally caught western rock lobsters are a great inclusion when planning a nutritious meal. They deliver a healthy, micro-nutrient dense source of protein that can be served in a variety of delicious dishes and you can feel great knowing you are supporting our local fishers.

Jessica Lowe currently runs her own businesses Happy Healthy Nutrition Club and Jessica Lowe Coaching. She holds a Diploma of Nutrition (non-clinical with AIPT) and is Level 1 & 2 Precision Nutrition Certified (Precision Nutrition).

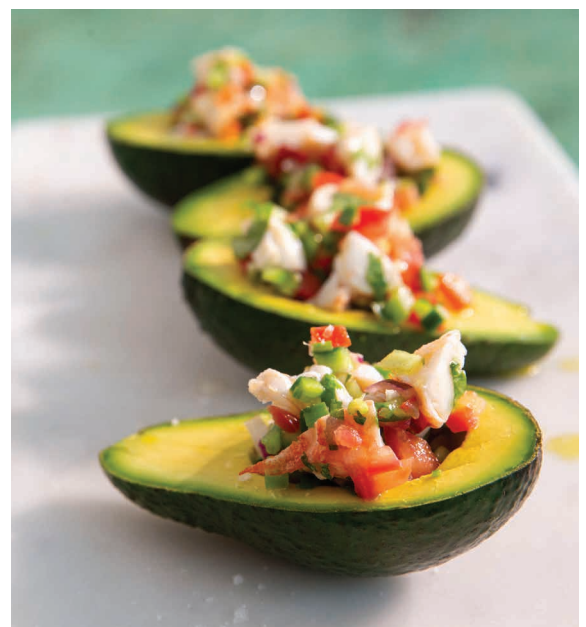


## NUTRITIONAL BENEFITS OF WESTERN ROCK LOBSTER

- High-quality, low fat protein option
- Healthy, unsaturated fat
- 21 grams of protein per 100g serving
- Delivers several essential amino acids

### CONTAINS:

- Omega fatty acids
- Selenium and iodine, both essential for thyroid function
- Micro-nutrients such as iron, zinc and B12





WA'S WORLD LEADING

## *Sustainable Fishing Practices*

Future generations of West Aussies will still be fishing and enjoying our delicious western rock lobsters for years to come thanks to world-leading sustainability practices that have been implemented by our local industry for decades.

Limiting catch levels, ensuring lobster egg production remains high, mitigating risks to endangered marine life, increased quota reporting and ensuring licences are accurately monitored have put WA on the map in terms of global best practice.

And these practices aren't new, in 1963 the West Coast Rock Lobster Managed Fishery (WCRLMF), became one of the first limited entry fisheries in the world.

**In 2000, it was also the first fishery in the world to be awarded Marine Stewardship Council (MSC) Certification – which sets the international benchmark for ecologically sustainable fishing.**

### **Why is MSC Certification such a big deal?**

The MSC Fisheries Standard was developed in consultation with scientists, the fishing industry and conservation groups (think WWF), and is used to assess if a fishery is well-managed and sustainable.

They are a stringent set of standards that are difficult to attain. For the WCRLMF to be the first in the world to achieve this was remarkable. It was the result of a combined effort by the Department of Primary Industries and Regional Development (formerly the Fisheries Department) and the Western Rock Lobster fishery working hard to achieve certification by putting more resources and focus into managing interactions with endangered,

threatened and protected ocean species, and assessing the impact of fishing on the ecosystem and marine habitat in WA.

The fishery continues to improve and implement new practices each year to comply with continuously updated MSC Fisheries standards. Since its first certification in 2000, the fishery has moved to quota which has seen several environmental benefits, including the building of stocks to record levels, reductions in whale and sea lion interactions, improved management of bycatch, major reductions in the fuel and bait used to catch an increasing number of lobsters and increasing catchability for commercial fishers and the 55,000 recreational lobster licence holders.

Once you have MSC certification, seafood products sold under this banner come with a blue MSC label notifying consumers they are directly supporting fishers that take care of our oceans, so there is education and awareness from fisher through to consumer.

**In 2022, the WCRLMF became the first fishery globally to be certified to the MSC Fisheries Standard for the 5th consecutive time.**

That is a lot of innovation for our important local industry to achieve, proving our fishing industry is setting high sustainability standards for fisheries around the globe.

### Why is it so important to keep our fishery sustainable?

The western rock lobster industry is an important part of WA's historical fabric both economically and socially, and we don't want to see our western rock lobster species threatened, so it is important to protect our WA fishery for generations to come.

Western Rock Lobster is Australia's most valuable single species wild capture fishery with a pre-COVID value of around \$440 million. A fleet of 235 boats operate baited pots across a 1000km stretch of coastline between Shark Bay in the north and Cape Leeuwin in the south.

The industry is important to regional communities by sustaining around 1850 direct and indirect full-time jobs, and generating up to 57% of the total economy in coastal fishing towns, as is the case in Cervantes.

It is also becoming a growing tourism opportunity for charter operators who are undertaking pot-based rock lobster fishing tours and creating new experiences for local, interstate and international visitors.

On a global sustainability scale, Governments around the world are under pressure to build food systems which can meet the needs of the growing population in a sustainable, climate-friendly way. This has put "blue foods" from the ocean into the spotlight.

The United Nations Food and Agriculture Organization's Director of Fisheries and Aquaculture, Professor Manuel Barange is a global expert on the impacts of climate change on marine ecosystems, fisheries and aquaculture. At the 2023 MSC Seafood Futures Forum he discussed how the world's political leaders, businesses and not-for-profits are realising the growing importance of food from our ocean to address the challenge of food security and nutrition, and the importance of doing this in a sustainable way both for the fish stock and the wider environment.

### How is the WA industry being sustainable?

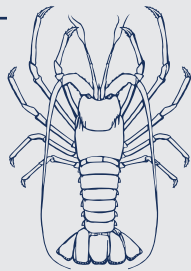
WA's managed rock lobster fishery used to work off limiting the number of allowable baited pots before transitioning in 2010 to limiting catch (quotas) and a harvest strategy that uses "maximum economic yield" as its management target.

Harvest Strategy and Control Rules (HSCR) set catch limits for both the commercial and recreational sectors on an annual basis. The HSCR's primary sustainability objective is to maintain lobster egg production at sustainable levels and a secondary, more conservative, objective to maximise the economic return of the WCRLMF.

**Strict quota reporting methods and weighing of the lobsters by the fishers and fisheries department help ensure accurate numbers of lobsters being fished in any given period.**

The industry also continues to work towards preventing any threat to endangered sea life so now all pots placed within designated sea lion areas are fitted with Sea Lion Exclusion Devices to stop the playful sea lion pups from entering pots. Since their introduction in 2012 there have been zero sea lions caught in pots.

Other strategies include various fishing gear modifications to minimise interactions with humpback whales and the banning of bait bands (plastic packing straps that secure cartons of bulk bait) that pose a significant threat to a range of marine life if released into the ocean.



## RAISING LOBSTER STOCK LEVELS

WA'S COMMERCIAL FISHING MANAGEMENT MEASURES TO PROTECT AND INCREASE STOCK LEVELS

1. Closing areas to commercial fishing
2. Lobster size limits (76mm carapace length)
3. Protection for any females in breeding condition
4. Controls on the type of gear used
5. A limit on the catch for the whole fishery - Total Allowable Commercial Catch (TACC)

*Family Table*



# Lobster Saganaki

This classic Greek dish is traditionally made with prawns, however western rock lobsters make a perfect alternative. Serve this delicious meal with crusty bread, so you can rescue all the tasty sauce carrying the lobster shell flavour, and freshen things up with a simple leafy green salad.

GF | SERVES: 4 | PREP TIME: 20 mins | COOK TIME: 40 mins

## INGREDIENTS

- 2 western rock lobsters, dispatched
- 6 tbsp extra virgin olive oil
- 1 red onion, chopped
- 2 big garlic cloves, crushed
- ½ cup dry white wine
- 500g jar tomato passata or crushed tomatoes
- 1 tsp dried oregano
- 500g cherry tomatoes on the vine (or standard cherry tomatoes)
- 1 lemon, rind and juice
- 250g Greek-style feta, sliced into four pieces
- ¼ cup Italian parsley leaves

## TO PREPARE

1. To prepare lobsters, remove the top half by firmly twisting the tail and carapace in opposite directions and pulling apart. Clean one carapace by thoroughly rinsing out the hollow and set aside. Discard the second. Then clean the top of each tail under gently running water to remove the tomalley.
2. Slice each tail in half lengthways through the shell, then cover and set aside to come to room temperature.
3. Re-heat oven to 200°C.
4. Heat 3 tbsp of the extra virgin olive oil in a shallow, flameproof casserole or ovenproof skillet pan over medium high heat.
5. Cook the onion and garlic with a couple of pinches of salt for 5 minutes over medium heat, or until softened, stirring every so often.
6. Add the white wine and continue to cook stirring until almost all the liquid has evaporated.
7. Add the tomato passata, oregano and cherry tomatoes, gently stir, then cover and bring to a simmer. Cook for 5 minutes on the stovetop.
8. Peel three long pieces of rind from the lemon and add to the pot along with the juice of half the lemon.
9. Season to taste with salt and black pepper. Leave to simmer over a low heat for 10 minutes. Check the seasoning once more, adding more lemon and salt and black pepper as required.
10. Push the head pieces of lobster into the sauce to add flavour, then nestle the lobster tails evenly on top of the sauce.
11. Tuck the feta into the dish, drizzle with the remaining olive oil, then bake in the oven for 15-20 minutes until cooked through and the feta is tinged golden brown.
12. Finish with Italian parsley leaves and drizzle of oil to serve.

## Cook's Notes

Use a pot or pan that can move from the stovetop to your oven.

Any leftover flavourful saganaki sauce could be tossed through pasta.



# Lobster Fried Rice with Lettuce Cups

This Aussie family favourite and easy mid-week meal has been given a lift with the addition of our iconic western rock lobster. The sweet flesh of the lobster works perfectly with salty Asian flavours.

DF | MAKES: 4-6 | PREP TIME: 10 mins | COOK TIME: 10 mins

## INGREDIENTS

- 1 western rock lobster, boiled (see page 8) and shelled (see page 5), then flesh finely diced or shredded
- 2 tbsp vegetable oil
- 3 garlic cloves, crushed
- 2 tbsp ginger, finely grated
- 4 cups cooked rice
- 100g char siu (barbecue pork), cut into small cubes
- 1 tbsp light soy sauce
- 1 tbsp oyster sauce
- 2 tsp toasted sesame oil
- 150g garden peas, thawed
- 1 cup fresh coriander leaves, torn, reserve half to serve
- 4 spring onions, thinly sliced into rings, reserve half to serve
- 1 red chilli, finely sliced, reserving half to serve

## To Serve

1 baby cos lettuce, leaves separated and washed. You will need 8 leaves.

## TO PREPARE

1. Select eight lettuce leaves and trim if necessary to make cups. Place in a large bowl filled with iced water to keep crisp.
2. Place a wok or frypan on high heat, add 2 tablespoons of vegetable oil and swirl to coat. Add garlic and ginger, toss quickly to cook.
3. Add the rice, char siu, soy sauce, oyster sauce and toasted sesame oil. Stir-fry over high heat, moving everything around to prevent it from sticking (2-3 minutes). Toss through half the coriander leaves, spring onion and red chilli. Remove fried rice from wok, set aside and keep warm until ready.
4. Add lobster to the wok and stir-fry until lightly caramelised. Toss in peas to heat through.
5. Scatter lobster and peas across fried rice. Season to taste with sea salt and pepper.
6. Top with spring onion, coriander and chilli.
7. Serve alongside lettuce cups for people to fill and enjoy as they wish.







### *Cook's Notes*

Make best use of all the lobster flesh by using the neck meat in this dish. Already tender, it just needs a quick flash in the pan to caramelise and heat through.

# Meet our Fishers



In the dark hours of the early morning while most of us are tucked up in the comfort of our beds, fishers along WA's coastline are heading out into the deep blue. They sometimes face treacherous conditions trying to make a hard-earned living under the weight of rising petrol prices, changing international trade, sustainability guidelines and their own expectations of treating the ocean respectfully and providing for their families. It's not easy, but it comes with natural benefits.



**JUSTIN PIRROTTINA**

GERALDTON / ABROLHOS

Justin Pirrottina's dad Pinny started fishing in the Abrolhos Islands in the 1960's. He worked with the well-known Basile fishing family before buying his own boat and heading to Rat Island in 1968. Justin and his brothers, also lobster fishermen, went to school there and said it was a wonderful life growing up. Bouts of sea sickness and no interest in fishing pushed Justin towards an apprenticeship building aluminium boats after school. But fishing was in his blood, and it wasn't long before the sea life drew him back in.



**FEDELE CAMARDA**

FREMANTLE

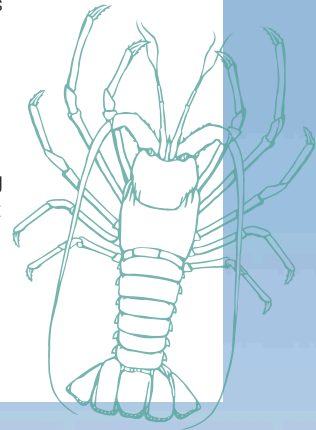
Fishing has been in Fedele Camarda's family for five generations since his great grandfather began fishing in Cockburn Sound in the 1890's. Fedele spent his first summer fishing at 18 before university started and swore it would be his last. But he went back a summer later and has been fishing ever since. His Mum and Dad are still involved and Fedele now skips their boat Neptune 3 working with his brother and 24 year old son.



**CLINT MOSS**

LANCELIN

Clint Moss has been in and around fishing boats since he was two years old when his family moved to Wedge Island and his dad started fishing in 1977. He first ran his own boat in 2000.



## Working on the boats feels like a lifestyle choice, what's the appeal?

**Clint** - I have always loved it. It gets in your blood and you don't want to stop. It's bloody hard work and I have had plenty of setbacks, but every day I learn something new. An old fisherman said to me once

"You learn more from an empty pot than a full pot",

and I always remember that. You will never put an empty pot back in the same place. Being self-employed

means you can create success from your own labour, and that's so rewarding.

**Justin** - There's no getting away from the fact that lobster fishing is pretty tough! I vomited for the first 15 years and a tornado wiped out my house in 2012 but, living on the Abrolhos, there is not a better place in the world.

"Sometimes we don't see another person for days. You can also just go for a fish or squid and have dinner sorted in five minutes. It's a pretty unique lifestyle."

It's not for everyone though, but I loved it, my kids loved it. Some days during school when the tides were low, we would just go walking out on the coral and collect shells and bits and pieces.

## What is the best part of being a lobster fisherman?

**Clint** - Getting through the passage to get out to the ocean on the north side of Lancelin at 3am. You really have to face your fears, it is hard to navigate in big swell, but once you have faced it and made it through, you feel like a king.



**Fedele** - It's really just great being out on the ocean and working with family. What has been fantastic recently has been able to sell back to the public. For people who can't get out on a boat themselves, it's great to be able to share our stories and experiences of being out on the water with them. Back of Boat sales are a really nice way for people to see who we are. We aren't all big huge operators, we are family businesses too who, at the moment, are doing our best to survive.

**Justin** - The serenity of being out in the ocean, the quietness, the freshness of everything you do. We get to see the constant changes in weather every day.

### What is the most challenging aspect of lobster fishing?

**Fedele** - The most challenging part right now is the market and it's beyond our control. We catch the lobsters, but apart from selling a few locally, we give them to an exporter and they pay us market rate. It's hard to find ways to make a profit because it is really hard to cut costs. You can try and fish economically, using less bait and fuel, but there is only so far you can go.

### What is the scariest moment you have experienced at sea?

**Clint** - We were out one day 15 miles from Lancelin and I snapped my rudder so I had no control. We were being towed back through the passage in 4.5m swell and were in real danger. The crew had stripped down to their boxers and life jackets and wanted to jump off and go on the tow boat but legally I had to keep them on board. We came down a wave, the line went slack and we had tipped so far over I thought we were going to roll. I was in the water and thought I was going to die but in a split-second decision I put the boat into reverse and we managed to correct, and later I found out that saved us. It took me four days before I could even look at the boat again.

**Fedele** - We tend not to go out when the weather is bad, but some days the weather can change unexpectedly and when the swell is about its pretty dangerous.

*If you are in the wrong place at the wrong time, the ocean can be unforgiving and you don't want to be in that situation.*

I have had hooks stuck in my hand, a pot wrapped around my leg, and I have been hit by the tipper and had black eyes and a chipped tooth, but you just carry on.

**Justin** - I rolled a boat once. I was fishing at Flat Rocks south of Geraldton, we had finished pulling the pots and I turned inside the breakers just a fraction too early. It wasn't even large swell! Luckily, we were only 50m from shore so my deckie and I got in and we had a mate rescue the boat from the bottom. It just shows you how quickly it can happen.

### What would surprise people the most about lobster fishing?

**Clint** - The contact we have with fisheries for the quota reporting. We have to email when we are going out, report when we are half an hour away from dock, how many crates we have on board, our bycatch, and any other sightings at sea. Once back in, we weigh and declare our catch, our third report for the day, and fisheries officers can show up to double check the declarations at any point. Every single crayfish that is landed is accounted for, which gives great confidence to all participants of the fishery.

### What has changed most about the industry?

**Fedele** - Definitely the technology. I don't think you can even imagine what it was like...

*...in the 1940s when my grandfather used to sail out on a small boat around Carnac Island doing only 6 or 7 knots, without a winch, a motor or a radio.*

They didn't even have proper gloves. It just fascinates me how they used to do it. From there, the progression of the industry in terms of the boats we now use, technology, the pots and how we can monitor everything, has been incredible.

**Justin** - When quota came in, and China trade came on board, everything shifted. Our whole life changed in what seemed like five minutes. We went from \$20/25 a kilo straight to \$40

per kilo and that grew year on year, until it all went south with COVID and trade with China changed. What quota did was give us our life back. We now had all this time to spend with our families.

### Can you tell us about a particularly exciting day out on the water?

**Clint** - My most exciting haul in one day was pulling in 1565kg (which is about 35 bags). Fisheries had shut the water for 10 days one December because people were catching too many and so I thought the pots would be empty because they had been left so long. I was amazed by it.

**Justin** - One of the best was seeing two Orcas whales.

*I haven't seen a great white yet, which is really bugging me as everyone else has!*

I have also pulled up a few painted crayfish, one that was just under 3kg which is huge. You don't usually get them in the pots because they eat weed.

### What do you get to see being a fisher out in the deep sea that most others don't?

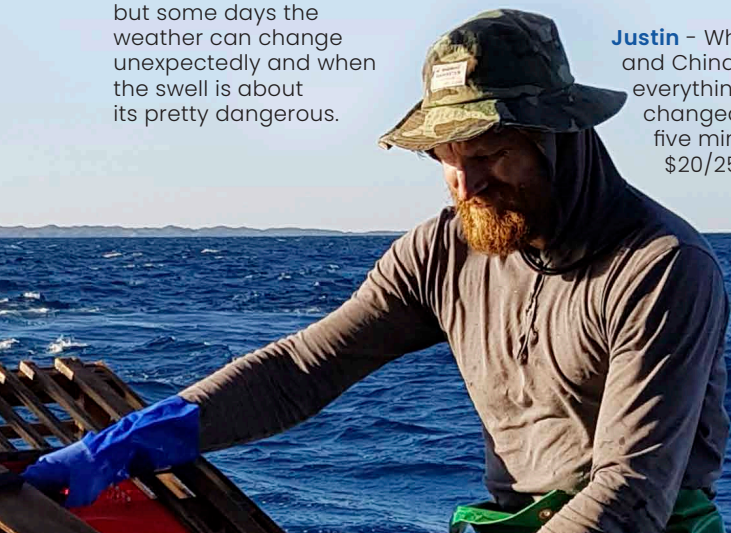
**Fedele** - Constant transformation! Seeing the sun come up over Garden Island. The sunrises from the ocean are pretty special. We get to see everything change in the morning and I love the peacefulness. We see sharks and whales and bird life at different times of the year and we do everything we can to ensure the sealife aren't impacted. We also get to enjoy the stars and the phases of the moon.

### What is the most unusual thing you have pulled up in a pot?

**Clint** - There is this incredible purple-red flowery coral we bring up sometimes, it always amazes me this coral and I think about how beautiful it must be down in the deep.

**Fedele** - Not so unusual but we pulled a pot up once and it just felt too light, and somebody had untied our pot and tied it to a big piece of coral.

**Justin** - An electric stingray. We removed it with wooden batons and flicked it back into the water.



# Roast Lobster Tail with Miso and Seaweed Butter & Grilled Bok Choy

Try a fresh take on “lobster on the barbie” with this simple yet impressive roast lobster tail. The brilliance with this method is capturing both the delicious, smokey flavour of the charred lobster we all enjoy from the BBQ, while keeping the flesh succulent and juicy within the shell.

GF | MAKES: 4 | PREP TIME: 20 mins | COOK TIME: 10 mins

## INGREDIENTS

### Lobsters

- 4 western rock lobsters, dispatched

### Miso Butter

- 500g butter, softened
- 10 tsp white miso paste
- 4 tbsp black sesame seeds, toasted
- 1 nori paper

### Grilled Bok Choy

- 1 bunch bok choy, woody stems removed
- 2 tbsp sesame oil, toasted
- 1 tsp soy sauce
- 2 spring onions, finely sliced
- 1 green chilli, finely sliced
- 1 lime, sliced into rounds

## TO PREPARE

### Miso Butter

1. Whip together softened butter and miso paste with electric beaters. Add sesame seeds and whip again.
2. To wrap butter in nori paper, scoop 1/3 whipped butter and shape into a log along the length of the nori. Roll into a cylinder, dampening the edge of the nori with water to hold together.
3. Wrap miso butter log in cling film and refrigerate until needed. Reserve remaining butter to brush onto lobster tails.

### Lobster

1. Heat oven to 275°C on grill setting.
2. Rest lobsters on the bench allowing them to come to room temperature for 20 minutes prior to cooking.
3. To prepare lobsters, remove the top half by firmly twisting the tail and carapace in opposite directions and pulling apart. Discard the head and trim off the neck flesh at the top of the tail to neaten.

Reserve that meat for another dish. Now using sharp kitchen scissors, snip the shell centrally along the back of the lobster until you reach the end of the tail. Gently prise apart the shell a little to reveal the meat.

4. Melt 4 tablespoons of reserved miso butter and brush the lobster flesh liberally with melted butter, spooning some gently into the split in the shell.
5. Sit the lobsters on foil on a tray. With an additional four squares of foil, cover the lobster fans completely to prevent them from burning. Place the tray of lobsters on the highest shelf in the oven and cook for 8-10 minutes. The shells should be bright orange and starting to char in some places when ready.
6. Remove from the oven and rest for five minutes before serving on a platter with extra miso butter and bok choy.

### Bok Choy

7. Whilst lobster is cooking, prepare bok choy. Heat pan or wok on high and drizzle with sesame oil. Add bok choy and soy sauce, toss to quickly cook through (3 minutes or until stalks begin to soften).
8. Remove from heat onto a serving plate and scatter with spring onions, chilli and lime wedges.

## WINE PAIRING

By Jay Beeson of Old Bridge Cellars

**Fervor Funka Riche  
Chardonnay 2021**

**Makers - Mike and Callum Garland**



A cool climate chardonnay in a reductive, flinty spectrum from legendary Great Southern wine makers, this wine has the alluring reduction to complement the umami from the Miso and Seaweed Butter with its layered generous chardonnay fruit to complement the beautiful WA lobster.



# Festive Recipes



## Cook's Notes

Miso butter can be made 3 days in advance and will last refrigerated for one month.

Leftover miso butter can be used to dress other proteins and veggies.



*Creamy Avocado Sauce*

## WINE PAIRING

By Jay Beeson of Old Bridge Cellars



### LOWBOI Riesling 2022 Maker - Guy Lyons

Bursting with wet river stone and citrus to accentuate the herby lemon goodness of the Green Goddess sauce, the crisp cool climate acidity and balanced power will refresh the palate and make you come back for more. Shhh don't tell your friend as this stuff is rare.

# Lobster Cocktail

Nothing says special occasion quite like a seafood cocktail and this version filled with chilled western rock lobster is the ultimate entrée. Set the tone and get your Christmas celebration started in style.

GF | DF | MAKES: 4 | PREP TIME: 30 mins | COOK TIME: 30 mins

## INGREDIENTS

### Creamy Avocado Sauce

- 1 avocado
- 200g quality mayonnaise (DF)
- 1 tsp finely grated horseradish (or use horseradish cream)
- 1 green chilli, sliced
- 1 bunch coriander, stems and leaves chopped
- 1 bunch chives, chopped
- 1 bunch mint, chopped
- 1 lemon, juiced

- 2 western rock lobsters, boiled (see page 8) and shelled (see page 5)
- ½ rockmelon, seeds and skin removed and shaved into thin slices
- 4 baby cos, leaves separated and washed
- 1 lime, sliced into wedges
- 1 avocado, sliced into 8 wedges lengthways
- ½ cup mint leaves, picked

### Sweet and Sour Chilli Salt

- 2 tbsp salt
- 1 lime, zest only
- 1 tsp chilli, ground
- ½ tsp sugar

## Cook's Notes

Take your time with assembly. This dish is as much about pleasure to the eye as the taste buds.

## TO PREPARE

1. Combine all avocado sauce ingredients in a high speed blender, process until smooth, then set aside in the refrigerator until ready to use.
2. Start with four 250ml cocktail glasses or dishes.
3. Divide creamy avocado sauce between the four glasses, leaving a little to dress the cocktail once assembled.
4. Arrange cos leaves and avocado wedges against one side of the glass to create a nest for the lobster.
5. Fold rockmelon slices back on themselves and tuck into the front of your cocktail nestled into the sauce.
6. Slice each tail in half, lengthways, then slice each half into three even pieces widthways. Keep the curved lower tail section as the feature pieces to finish the cocktails (see image for reference).
7. Gently pile two pieces onto each cocktail behind the rockmelon and finish with the lower tail piece to decorate.
8. Sprinkle with chilli salt and drizzle with more dressing as desired.

Sweet & Sour  
Chilli Salt

ON DECK

# Onika Basile - a woman in her element



At the mercy of changing weather, tide and sea conditions and despite often facing tough physical conditions, loneliness away from home, bucket showers, early starts and long days at sea, deckhand Onika Basile wouldn't have her life any other way.

As a fourth-generation lobster fisher on her family's fishing boat in the Arolhos Islands, Onika plays a hand in one of the toughest, physically demanding industries around.

Lobster fishing is a challenging way of life but can also offer excitement, magic and wonder every single day.

*"I cannot imagine a life where I wasn't on the water"* Onika says. It is this simple statement that drives her as she survives the seasonality of her job grappling float lines, scrubbing, pulling, winching, stacking pots, baiting, and cleaning her family boat.

*"We get to watch some incredible storms go through, and see some beautiful sunrises, but also must deal with days where the sea is rough and extremely unpleasant,"* Onika said. *"We get to see both the best and the worst of the weather, and how it affects the crabs and wildlife around us which is fascinating to me."*

Her love of the ocean runs deep and even when the season is finished, she looks forward to getting straight back into windsurfing, spearfishing, freediving and her other love, underwater photography.

### Describe a typical day on the boat for you?

I work together with my father on the family fishing boat Hectoo, at the Arolhos Islands, about 35 nautical miles from Geraldton. When we are fishing, we stay on the island, only going back to Geraldton to deliver lobster. On a fishing day, we typically leave the island just after first light. Before leaving, I load the bait and crates and set up the boat for the day. This includes rolling out the deck mats, setting up the holding tanks, grapple and pot tipper ready for operation. After throwing ropes, we begin the steam to the gear. Depending on the weather and time of year, it can take anywhere from 30 minutes to 1.5 hours to reach the first pot. I grapple the float line and wrap it around the winch, and wait for the pot to surface at the side of the boat. After the pot is onboard, I move the rope and floats to the back of the boat, empty the pots,

grade the lobsters, re-bait, and stack the pot. When all the pots are onboard, we set them back into the ocean, and continue on to the next lines. We usually pull between 80 to 100 pots a day. On the way back, I wash down the boat and scrub off any marks and algae. When we get to the island, we move all the lobsters to our holding tanks on the jetty. We have a quick bite to eat, and then I will prepare bait for the next day. After all the jobs are done, it's usually around 4pm or 5pm.

### Working on the fishing boats feels like a real lifestyle choice, what drew you to this?

I have been very fortunate to grow up in a fishing family – I am 4th generation now. I've known since I was little that being on the ocean is where I wanted to be, and my life goal is to skipper my own vessel. As kids, my siblings and I would spend three months of the year at the Arolhos Islands during the fishing season. We learnt to drive dinghies, set our own amateur pots and go on adventures to neighbouring islands. Being on the ocean and on boats is second nature to me.

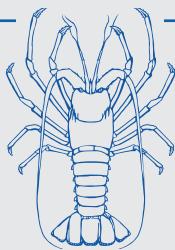
### What do you love most about your job?

I love, that for most of the time, we are on our own in the middle of the ocean. For some people it is daunting, but I enjoy the challenge of dealing with whatever is thrown at us, with what resources we have on the boat or on the island. You learn to make the most of every situation you're in – I think it's probably the element of how unpredictable fishing can be that is exciting. One day we might fill the boat up in a few lines, the next you might get nothing.

### What is the most challenging aspect of your job?

As much as I love being on the ocean with just the boat and the elements, it is also a very socially isolating job. I miss my partner and our two border collie dogs every day, and only get to see them one night per week when we





## WESTERN ROCK LOBSTER INDUSTRY FACTS

**235 active commercial vessels are operating in 2023.**

Quota for the 2023–24 season is 7,300 tons.

**The main bycatch species landed in the pots are octopus, champagne crabs and baldchin groper.**

Western Rock Lobster is Australia's most valuable single-species wild capture fishery, contributing over \$400 million annually to the WA economy.

**Over 55,000 recreational fishers hold rock lobster licences.**

In 2000, western rock lobster became the first fishery in the world to achieve Marine Stewardship Council (MSC) Certification.

**Sea Lion Excluder Devices became mandatory in 2009, since then there have been zero sea lions caught in pots.**

Back of Boat reached a milestone in December 2022 with 100 tons of live lobsters sold to the community.

**Western rock lobster industry is a key regional employer generating around 1850 direct and indirect full-time jobs.**



bring the lobsters to town. There are a few other fishermen on our island at the peak of the season, but during the winter can be just us for weeks on end.

**How do you find working in such a bloke heavy industry?**

It's never been an issue for me working in a male dominated industry. For our business, and previous employers I've worked for, it doesn't matter if you're male or female, if you can do the job, then you're in! I have worked hard to be physically strong enough to stack all our pots, and never let stereotypes get in the way.

**What happens during your working day that people would be surprised by?**

That we go round in circles, up and down, rolling port to starboard and we still don't get seasick! After a while on the same vessel you get used to the motion and don't feel sick at all...but after a rough day we sometimes get off the boat and feel like we are still going up and down.

**What is the most outrageous thing you have pulled up in the pots?**

We've seen some really interesting juvenile squid, fish and octopus as big as your fingernail. Honestly though, some of the most interesting are the crays themselves. We handle hundreds of them a day, and occasionally you find one with a crazy deformed shell, extra horn, legs that are just about as long as the pot. I've even had a few with split colouration, deep red on the carapace and feelers, and white on the tail and tips of the legs.

**When you come off the boats what do you most look forward to?**

On our weekly trip into town overnight, it is nice having a long hot shower straight from the tap. On the island we have bucket showers and all our water is rainwater, so we are extra careful not to have long showers, especially during the dry months.



### *Onika's Favourite Lobster Bites*

I'm not a good cook but my partner, Felix, is superb – he makes the lobster into snack sized pieces that we call 'popcorn cray'. Basically, you remove the meat from the tail and chop it up into small bite-sized chunks. Soak the chunks in soy sauce, rice wine vinegar and chilli. After soaking them, drain the liquid and give the meat a pat dry with some paper towel if it's still damp. Cover in corn flour, and deep fry. Serve on its own, or in sushi and rice paper rolls.



# Lobster Buying Guide

We have taken you through how to enjoy western rock lobsters and why they are so tasty and nutritious, but where exactly can you get your hands on these beauties?

To enjoy lobster on your table, make sure you use this buying guide to help you on your way.

## BACK OF BOAT

The freshest way to pick up a western rock lobster is straight off the back of the boats of one of our local fishers. Not only will you be sourcing these wild-caught crustaceans as soon as they get into port, you also have the chance to have a great yarn with the fishers who caught them and find out about their life at sea. Scan our QR code on the back of this magazine to find back of boat sales which run along the WA coastline from Fremantle up to Kalbarri.

## SEAFOOD RETAILERS

WA seafood retailers love to support our local fishers. Ask at your local retailer when next shopping if they have any in stock. It's always a good idea to call ahead to check on stock levels and whether they have live and cooked, depending on your requirements.

You can find western rock lobsters stocked at the following retailers: Catalano's Seafood (Booragoon-Whitfords), Catalano's Factory Direct (Bassendean) Seafresh Fish Market (Innaloo-Claremont-Myaree), Effie's Gourmet (Morley), Poseidon Seafood (Malaga), Kailis Bros Fish Market (Leederville), Burswood Seafood (Burswood), WestnFresh Seafood (Cockburn Central).

## FARMERS' MARKETS

Keep in touch with seafood suppliers at your local Farmers' Market. Check their social pages for weekly locations and ring ahead to make sure they have stock on the day you plan to visit. For example the Kombination Seafood van, which only sells sustainably caught seafood, can be found at markets such as Perth City Farm and Freo Farmers Market.

## INDEPENDENT & SPECIALTY GROCERY STORES

You are able to locate lobsters in both independent and specialty grocery stores as well as select IGA stores, Farmer Jack's and the Boatshed Market in Cottesloe.

## BIG SUPERMARKETS

If you are stretched for time, you might find the easiest way to shop frozen lobsters is from select Woolworths and Coles supermarkets. Ask in your local store to see if they stock locally caught western rock lobster.

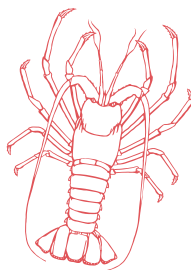
## BUYING WHOLESALE

If you are planning a large gathering or are a business that needs to source western rock lobsters in larger quantities, try the wholesale buying opportunities from a processor or exporter by visiting [www.westernrocklobster.org/buy-lobster](http://www.westernrocklobster.org/buy-lobster).



## CHOOSING YOUR FRESH LOBSTER

Choosing a live lobster can be a bit of an art, as it involves assessing the lobster's health and vitality to ensure you get the freshest and most delicious seafood.



### Here are some tips for selecting your lobster:

- A live lobster should be lively and active. It should move its legs and antennae when picked up or touched.
- Examine the lobster's shell. It should be hard and vibrant, without any cracks or holes.
- Tail meat through the belly should appear almost transparent not opaque or cloudy.
- Size - Larger lobsters tend to have more meat, but smaller ones can be sweeter and more tender.
- Colour - Lobsters can vary in colour from pale pink through reds to deep purple based on life cycle stage and age but this is not strong indicator of quality or flavour.
- Aroma - Fresh lobster should have a clean, subtle oceanic scent. Avoid any lobsters that have a strong, unpleasant odor, as this can indicate spoilage.
- Legs and antennae intact does not reflect the quality of the meat, however it is ideal for presentation purposes.
- Ask Questions: Don't hesitate to ask the fishers or fishmonger about the lobster's source, how long it has been in their tank, and any specific preparation advice.
- Transportation Tip: If you're traveling a significant distance with the lobster, ensure it's stored properly. A cooler with ice packs or damp newspaper will help keep it alive and fresh during transportation.
- Ideally, you should purchase lobsters on the day you plan to cook and eat them for the most exquisite flavour and texture.

## CHOOSING YOUR COOKED LOBSTER

Check the colour of the meat from the underside through the shell. The highest quality cooked lobster will have white meat and no black coloration or juices, which is a result of insufficient cooking time.

### *Restaurant Guide*

If you prefer to leave the cooking and plating of our western rock lobsters in the hands of the experts, here is a guide steering you to a selection of Western Australian restaurants who feature locally-caught lobsters on their menus. You will see they are being prepared in both high end and casual venues so there is somewhere for everyone.

**Art of Seafood**, East Perth  
**Bib & Tucker**, North Fremantle  
**Cicerellos**, Fremantle  
**Cray Seafood & Grill Restaurant**, Belmont  
**Dandelion**, Karrinyup  
**Emily Taylor**, Fremantle  
**Kailis**, Fremantle  
**Kailis Bros**, Leederville  
**Lobster Shack**, Cervantes  
**Lobster Pier**, Perth  
**MUMMUCC'**, Wembley  
**Rusty Fig**, Perth  
**Seven Sins**, Perth Hills  
**Skeetas Restaurant Bar & Cafe**, Geraldton  
**Southerlys**, Dongara  
**Toma / Pirate Life**, Perth  
**Vin Populi**, Fremantle



# BACK *of* BOAT

WESTERN ROCK LOBSTER



WA's world-famous rock lobsters  
alive and fresh, direct from your local  
fisher as soon as they reach port.

ORDER ONLINE



 [backofboat.com](https://backofboat.com)



 @BackofBoatLobsters

 /WesternRockLobster