



# Easy Cooking: lobster

By  Nina Timm

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A Blessed New Year to everyone from Nina's Kitchen. I hope that you all had a lovely break and time with your friends and family. May 2013 be filled with love, laughter, happiness and lots of happy meals!



For those of you who are still in a holiday mood, nothing stops you from lighting the fire after work every night, pouring something refreshing and cooking up a seafood feast.

Lobster, or kreef as we know it here, must be the epitome of wealth and indulgence for any South African who heads towards the coast for his annual leave. Wet suit sales and diving equipment sales shoot through the roof as eager beginner divers spend their hard-earned cash on all the necessary equipment only to pack it away after the holidays. This decision is usually taken just after they've spent a small fortune on lobster or crayfish in a restaurant.

It is the season now to get hold of crayfish, lobster or kreef, but remember that the season for recreational fishing of West Coast rock lobster opened on 15 November, 2012, and closes on 1 April, 2013.

## How to cook a lobster

- If you have live lobsters, place them in the freezer for about eight minutes.
- Bring a big pot of sea water to the boil (of course this is best done on the beach) otherwise just add a good handful of salt to tap water.
- Once the water boils, add the lobsters and cook until the whole lobster is red and if you pull at one of the antennae, it comes off easily.

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## ABOUT NINA TIMM

I am the owner and sole editor of the 2012 Eat Out Award-winning blog, My Easy Cooking. I cook, I style and I photograph every single day of my life. I run a cooking school for groups such as team building, birthday parties, friendship groups, domestic workers and children.

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