

**Gordon Ramsay demonstrates how to cook the perfect lobster** (Season 7 ep. 6 MasterChef)

Please be careful because this one here is a super sharp fast claw. This one is to crush. Do not get your fingers in there, ok. Now, you got to kill it quickly. We'll do this as safe and as humane as possible. There's the cross line there. Across there, knife in and down through, and that is it. Straight into the water, a touch of salt, and that is in there for two minutes. We are not cooking it all the way through. We are just poaching it to release the meat from the shell.

Student: So, I'm taking mental notes in my head right now like I'm a student in one of my classes. I'm memorizing every step he does, because I'm going to de-shell this lobster exactly how Gordon is doing it.

Now snap off the claws. Get down to the knuckles and twist and off. And then from there straighten out the tail and twist. So, you've got all that meat left in there. Open up the tail and then just press the shell very gently. Don't crush it. Now, once you've gone 2/3 of the way through, press here and shake, and carefully put out the tail. Now, claws snap off the knuckles, twist and pull. You get that blade out there. Ok, the blade comes out. And we want these claws intact. Just gently pries out that claw and then open up the knuckles. But some of you stop at that point. There's more meat in here – the eight legs that the majority of the population forget about. I'm not going to let these legs go to waste. You start from thin end. You place that down there, and you literally push and roll. That's awesome. Now, how do we present that? Let me show. You take your tail and you just gently slice, and this helps it flatten out. That sits on your board. Your claws go on, and then your knuckles, and then very carefully your legs. We are not done. Take this beautiful head. Pull that off. Open it very carefully. And then you take your scissors and I'm going to trim the shell. Now, that should stand up usually. And then finally take a little touch of extra virgin olive oil, just very carefully brush. That gives it a nice sheen. That is how you extract every ounce of lobster from your shell. Got it?

claw = Klaue  
crush = zerdrücken, zerschmettern  
the cross line = Querlinie  
to poach = pochieren  
shell = Panzer/Schale  
to release = lösen



snap off = abbrechen, abschneiden, abreißen etc.  
knuckles = Knöchel  
straighten out = zerren  
twist = drehen  
gently = langsam, sanft  
blade = Klinge  
flatten out = glätten, hier: flach zu liegen  
trim = kürzen  
virgin olive oil = natives Olivenöl  
brush = pinseln  
sheen = Glanz

**Tasks:**

1. Watch the video at <https://www.youtube.com/watch?v=-W37TDK6dBM>
2. Answer the questions using the given text:
  - a. How to remove meat from a lobster?
  - b. How can the claws be kept intact?
  - c. At which point do the most cooks stop preparing a lobster?
  - d. How exactly can we get more meat from the lobster's legs?
  - e. How to give a lobster a nice sheen?
3. Explain the preparation method from the beginning! Have you noticed any differences between the German preparation method and the explanation of Gordon Ramsay?