



## Article Side

Why Live lobster is a healthier food option by [Makjones](#)

Article published on February 10th 2012 | [Food](#)

Seafood recipes are delightful ways of treating your taste-buds. So what are your plans for this Valentine's™ day? A candle-lit dinner filled with sumptuous seafood treats is just a fine option to make him feel happy. Remember the food you cook reflects your taste. Living creatures and weeds picked from the deep oceans are integral parts of delectable dishes. People from across the globe are choosing seafood over conventional dishes because of their nutritional value. This article is dedicated to lovers of live lobster.

Why live lobster and not the frozen ones?

Quickly take a glance at the following lines until you get to the point. Did you know that seafood marketers are selling premium lobsters for those who are eager to give their taste buds the taste of royal food? These exotic sea creatures are cooked with the spices of nature to woo foodies craving for a taste of real and elite food. Chefs choose live lobsters mostly for their taste. Enjoy a romantic wine and dine treat with the balmy coastal breeze brushing your senses. Major eateries and food joints are selling seafood to cater to millions of taste-buds. A live lobster makes splendid dishes.

The live lobster is taken out from the deep freezer; later on it is kept in a vessel for heating. The process actually adds to the taste. Live lobsters are the freshest and the most delicious alternatives to frozen ones. It takes around 15 minutes to boil 1 pound of a lobster. Live lobsters add flair to the treat you want your guests to be served with. Sea creatures picked from deep down the oceans live a peaceful life. The foods consumed by them are hardly contaminated by pollutants. They live an authentic life.

Though a live lobster is an expensive alternative to frozen ones, it is still recommended to prepare meals from the fresh ones because they bear an extraordinary taste. This is because live lobsters are not added with preservatives and chemicals. They are good for health and generously offer a great amount of nutritional value to the consumers.

The benefits of live lobsters are endless. Make this Valentine's™ day special for your partner by giving him an extravagant treat; so much so that he would savor the moments for years to come. With such luxurious seafood cuisine on a table lit with the blissful presence of candle light, you are sure to turn him on.

Article Source:

<http://www.articleside.com/food-articles/why-live-lobster-is-a-healthier-food-option.htm> - [Article Side](#)

[Makjones](#) - About Author:

Mak Jones is the chief chef of an International Hotel who has vast knowledge about Maine Lobster. To know about a [Live Lobster](#) and a [Seafood](#), please do visit a [getmainelobster.com](http://getmainelobster.com)

Article Keywords:

live lobster, seafood