

pfd seafood inspiration ~ **LOBSTER**

Extract all the flavour you can from left over lobster, crab, bug and prawn shells. Caramelize in the pan, simmer with white wine, then strain out the solids and boil until reduced.

Add the liquid to intensify all your seafood dishes, from rich Mediterranean bisques, chowders and Asian fish soups to sauces for something as simple as a perfectly grilled fish fillet.

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R/W FRESH COOKED
ROCK LOBSTER WESTERN

051091

R/W FRESH COOKED
ROCK LOBSTER EASTERN

205037

R/W FRESH COOKED
ROCK LOBSTER SOUTHERN

201070

R/W FROZEN COOKED
LOBSTER FLORIDA



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from coast to coast