

Southern Deep Fried Lobster: Crispy, Juicy & Irresistible Recipe

Southern Deep Fried Lobster: A Crispy, Juicy Indulgence from the Deep South!



OVEN
375°F

TIME
5 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

2 whole lobsters (about 1-1.5 lbs each), cleaned and cut into large, manageable pieces
1 cup buttermilk
2 cups all-purpose flour
1 tablespoon Cajun seasoning
1 teaspoon garlic powder
1 teaspoon onion powder
¼ teaspoon cayenne pepper (adjust to taste for heat)
Salt and freshly ground black pepper, to taste
Oil for frying (vegetable or peanut oil recommended, enough to submerge lobster pieces)

Swaps and Notes:

Lobster: Use fresh, live lobsters if possible for the best flavor and texture. Have your fishmonger clean and cut them, or do it yourself carefully. If using cooked lobster, skip the frying, and just coat in butter/seasoning. This recipe is designed for raw lobster.

Buttermilk: Crucial for tenderizing the lobster meat and helping the breading adhere. Don't skip this step! If you don't have buttermilk, you can make a quick substitute by adding 1 tablespoon of white vinegar or lemon juice to a measuring cup, then filling the rest with regular milk to make 1 cup. Let it sit for 5 minutes before using.

Cajun Seasoning: A good quality Cajun seasoning blend provides the foundational flavor. Adjust the

cayenne pepper to control the overall spice level.

Frying Oil: Use a neutral-flavored oil with a high smoke point (like vegetable, canola, or peanut oil). You'll need enough to fill your deep fryer or large pot with at least 3-4 inches of oil.

Seasoning: Adjust salt and pepper to taste for the dredge.

Directions:

Prepare Lobster & Soak: Ensure your lobsters are cleaned and cut into large, manageable pieces (tails, claws, knuckle meat are ideal). In a large bowl, soak the lobster pieces in buttermilk for about 30 minutes. This helps tenderize the meat and allows the breading to stick better.

Prepare Seasoned Flour: While the lobster soaks, in another large, shallow bowl (or a large zip-top bag), mix together the all-purpose flour, Cajun seasoning, garlic powder, onion powder, cayenne pepper, salt, and freshly ground black pepper. Whisk until all the seasonings are thoroughly combined.

Heat Frying Oil: Heat the oil for frying in a deep fryer or a large, heavy-bottomed pot (like a Dutch oven) over medium-high heat. Use a deep-fry thermometer to heat the oil to 375°F (190°C).

Maintaining the correct temperature is crucial for crispy, non-greasy results.

Dredge Lobster: Remove the lobster pieces from the buttermilk, allowing any excess buttermilk to drip off briefly. Dredge each lobster piece generously in the seasoned flour mixture until it is completely and evenly coated. Press down gently to help the flour adhere.

Fry Lobster in Batches: Carefully place the coated lobster pieces into the hot oil. Fry in batches to avoid overcrowding the fryer or pot. Overcrowding will lower the oil temperature too much, leading to soggy, greasy lobster. Fry each batch until golden brown and crispy, about 3-4 minutes per side (or 6-8 minutes total, depending on piece size and thickness) until the lobster meat is opaque and cooked through.

Drain Excess Oil: Use a slotted spoon or spider to transfer the fried lobster onto a plate lined with paper towels to drain any excess oil.

Serve: Serve hot immediately with your choice of dipping sauces, such as homemade remoulade sauce (like my Remoulade Sauce à la New Orleans), classic cocktail sauce, or a simple squeeze of fresh lemon juice.

Prep Time: 45 minutes (including soaking):

Tips for Success:

Proper Oil Temperature: This is the most crucial tip for crispy, non-greasy fried foods. Use a thermometer and maintain the oil between 350-375°F

(175-190°C).

Don't Overcrowd: Fry in small batches. Giving the lobster pieces enough space in the oil ensures they fry evenly and crisp up properly.

Dry Lobster Before Soaking: While you soak in buttermilk, starting with relatively dry lobster before the soak can help the initial coating.

Thoroughly Dredge: Ensure every piece of lobster is well coated in the seasoned flour for a complete, crispy crust.

Resting After Frying: Briefly resting on paper towels allows excess oil to drain off.

Serve Immediately: Fried lobster is definitely best enjoyed fresh and hot for optimal crispness and tenderness.

Serving Suggestions and Pairings:

Creamy coleslaw

Hushpuppies

French fries (or my Loaded French Fries with Cheese, Bacon, and BBQ Sauce)

DIRECTIONS

- 1. Making :** Southern Deep Fried Lobster involves a few key steps to ensure crispy perfection and tender meat!
- 2. Prepare : Lobster & Soak:** Ensure your lobsters are cleaned and cut into large, manageable pieces (tails, claws, knuckle meat are ideal). In a large bowl, soak the lobster pieces in buttermilk for about 30 minutes. This helps tenderize the meat and allows the breading to stick better.
- 3. Prepare : Seasoned Flour:** While the lobster soaks, in another large, shallow bowl (or a large zip-top bag), mix together the all-purpose flour, Cajun seasoning, garlic powder, onion powder, cayenne pepper, salt, and freshly ground black pepper. Whisk until all the seasonings are thoroughly combined.
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- 5. Dredge : Lobster:** Remove the lobster pieces from the buttermilk, allowing any excess buttermilk to drip off briefly. Dredge each lobster piece generously in the seasoned flour mixture until it is completely and evenly coated. Press down gently to help the flour adhere.
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9. Tips for Success: Proper Oil Temperature: This is the most crucial tip for crispy, non-greasy fried foods. Use a thermometer and maintain the oil between 350-375°F (175-190°C).
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12. Thoroughly : Dredge: Ensure every piece of lobster is well coated in the seasoned flour for a complete, crispy crust.
13. Resting : After Frying: Briefly resting on paper towels allows excess oil to drain off.
14. Serve : Immediately: Fried lobster is definitely best enjoyed fresh and hot for optimal crispness and tenderness.
15. Serving Suggestions and Pairings: Southern Deep Fried Lobster is a luxurious main course that pairs wonderfully with classic Southern sides.
16. Creamy coleslaw
17. Hushpuppies
18. French fries (or my Loaded French Fries with Cheese, Bacon, and BBQ Sauce)
19. A side of corn on the cob (perhaps my Cajun Corn).
20. For other amazing : Southern-inspired dishes, consider my This Cajun Chicken Sausage Gumbo Is My Favorite Bowl of Southern Comfort or my This Tomato Skillet with Okra and Sausage Is My Favorite Quick Dinner Packed with Southern Flavor.
21. Storage and Leftover Tips: Southern Deep Fried Lobster is absolutely best enjoyed immediately after frying for optimal crispness and tenderness. Leftovers will not retain the same crispy texture. If you do have any, store them in an airtight container in the refrigerator for up to 1 day. To reheat, the best method is to use an air fryer (350°F / 175°C for 5-8 minutes) or an oven (375°F / 190°C for 10-15 minutes) to try and re-crisp them, though they will not be as good as fresh. Freezing cooked fried lobster is not recommended.
22. More Recipes You Will Love: If you loved the crispy texture and savory flavors of this fried seafood delight, here are a few more fantastic savory recipes that I think you'll absolutely love:
23. For another classic fried dish, check out my : Fried Chicken Chalupa with Bacon & Egg.
24. If you're a fan of creative fried veggies, my : Fried

Yellow Squash Fritters are a must-try.

25. For an incredibly cheesy and easy-to-make casual meal, my Easy Cheesy Chicken Sliders with Marinara Garlic Butter are always a hit!

SWAPS & NOTES

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TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/southern-deep-fried-lobster-crispy-juicy-irresistible-recipe/>