

Buying and Preparation Tips

Be sure to purchase your seafood from a retailer that displays a valid license.

- Shrimp are sold by count, which is the number of shrimp in a pound. Less than 20/pound = jumbo; 20-30/pound = large; 30-40/pound = medium; more than 40/pound = small.
- When you are grocery shopping, purchase seafood last and keep it cold. Ask your seafood specialist to pack your seafood on ice for the trip home. Remove from ice prior to refrigerating.
- Store fresh shrimp in the coldest part of your refrigerator (usually the lowest shelf at the back or in the meat keeper) at 32° F for up to two days.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination. After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and your hands with hot soapy water.
- Store cooked shrimp in serving size packets or small containers in the refrigerator or freezer within 1 hour after cooking. Leftovers can be refrigerated for 2 days or kept in the freezer for up to 12 months. Remember: If there is any doubt about the safety of a cooked food in your refrigerator or freezer, throw it out!
- To freeze shrimp, wrap tightly in a bag to prevent freezer burn, write date on package and store at 0° F for up to six months. Thaw in the refrigerator or under cold running water.

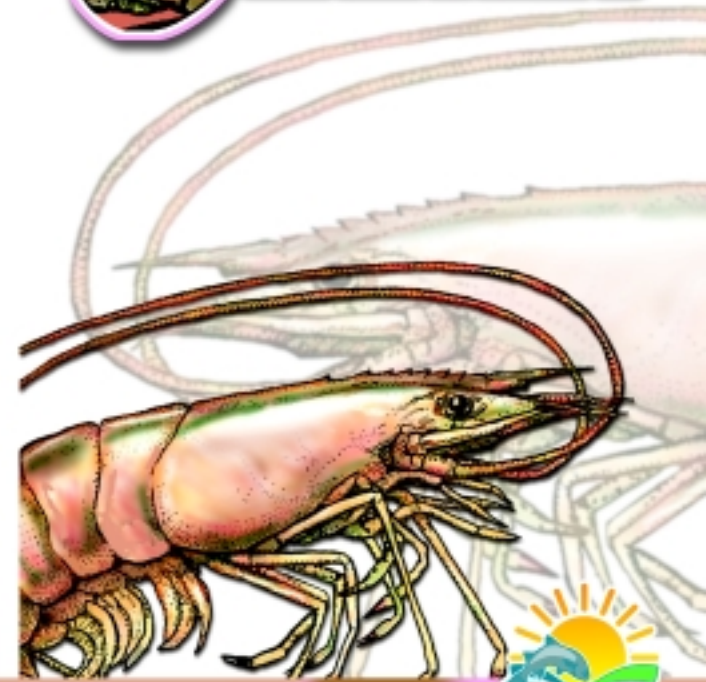
- Look for these signs of quality when purchasing shrimp: tightly adhering shells; legs in tact; meat that is firm to the touch; fresh sea breeze smell.
- One pound of raw, headless, shell-on shrimp will yield approximately 3/4 pound of cooked, peeled and deveined shrimp.
- Shrimp are available fresh or frozen, whole, headless, shell-on, peeled undeveined, peeled and deveined, and tail-on.
- To devein shrimp, make a shallow slit, with a sharp knife, down the back of a peeled shrimp. Locate the black vein and pull out with the tip of the knife.
- Shrimp may be cooked with the shell on or off, and the cooking time is about the same.
- To boil shrimp bring water (4 cups for each pound of shrimp) and seasonings to a boil. Add shrimp, reduce heat, cover and simmer for 3 to 4 minutes per pound of shrimp. Stir occasionally and simmer until the largest shrimp is opaque throughout. Cooking time will vary according to size. Drain and rinse immediately under cold water to halt the cooking process. When boiling you can use one of several commercial “shrimp boil” seasonings available or season to personal taste with one or more of the following: salt, lemon slices, beer, pickling spices, whole peppercorns or bay leaves.

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SHRIMP



www.fl-seafood.com

SHRIMP

**Florida Department of Agriculture
and Consumer Services
CHARLES H. BRONSON, Commissioner**



Shrimp Victoria



- 1/4 cup finely chopped onion
- 1/4 cup butter
- 1 pound Florida shrimp, peeled and deveined
- 1 6-ounce can sliced mushrooms, drained
- 1 tablespoon all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1 cup sour cream
- cooked rice

Place onion and butter in 1 1/2 quart microwave-safe dish. Arrange shrimp around the outside of the dish; place mushrooms in the center of dish. Sprinkle with flour, salt and pepper. Cover and cook in microwave on high for 4 minutes. Stir, replace cover and cook 2 minutes. Stir in sour cream. Cook 1 minute or until heated thoroughly. (Do not allow mixture to boil). Serve over cooked rice.
Yield: 6 servings.

Per serving: calories 244, calories from fat 153, total fat 17g, saturated fat 10g, cholesterol 153mg, total carbohydrate 5g, protein 17g.

**Seafood alternative:
rock shrimp or spiny lobster**

Polynesian Shrimp



- 1 pound cooked Florida shrimp, peeled and deveined
- 1 cup fresh pineapple chunks
- 1 cup Florida celery, thinly sliced
- 1/2 cup seedless green grapes
- 1/4 cup Florida green onions, sliced
- 2 tablespoon mayonnaise
- 2 tablespoons sour cream
- 1/2 teaspoon salt
- 1/8 teaspoon white pepper
- salad greens
- paprika

Cut large shrimp in half. Drain pineapple, reserving 2 tablespoons juice. Combine shrimp, pineapple, celery, grapes and green onions in a 2 -quart bowl. Combine pineapple juice, mayonnaise, sour cream, salt and white pepper; mix well. Pour over shrimp mixture and toss lightly. Chill 30 minutes. Serve on salad greens. Sprinkle with paprika.
Yield: 6 servings.

Per serving: calories 70, calories from fat, total fat 7g, saturated fat 1g, cholesterol 7mg, total carbohydrate 8g, protein 5g.

Fried Orange Shrimp

- 1 Florida egg, beaten
- 1 cup all purpose flour
- 1 cup Florida orange juice
- 1/2 teaspoon salt
- Oil for deep frying
- 1 1/2 pounds Florida shrimp, peeled and deveined

Combine egg, flour, orange juice and salt; mix well. Heat oil to 350°F. Dip shrimp completely in batter*; place in oil. Fry approximately 1 minute or until golden brown. Remove from oil and drain on absorbent paper.
Yield: 6 servings.

**For coconut shrimp, roll the battered shrimp in coconut before frying. This will change the nutritional value accordingly.*

Per serving: calories 435, calories from fat 249, total fat 20g, saturated fat 3g, cholesterol 252mg, total carbohydrate 34g, protein 28g.

**Eat Seafood
Twice a Week...
It's Good For Your Heart**



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