

## Shrimp with Pasta

- 3 tablespoons butter
- 2 cloves garlic, crushed
- 1 large Florida onion
- 3.5 ounces Florida sun dried tomatoes
- 1 pound Florida shrimp, peeled and deveined
- salt to taste
- pepper to taste
- crushed red pepper to taste
- 8 ounces angel hair pasta
- 2 Florida tomatoes, cut
- 8 ounces feta cheese
- 2 tablespoons capers

Melt butter and add crushed garlic and onions. Cook until onions are transparent. Add the sun dried tomatoes, shrimp, salt, pepper and crushed red pepper. Cook just until shrimp are pink in color (approximately 2 minutes). Cook the pasta and place in a large bowl when done. Mix the shrimp dish in with the pasta. Toss in fresh tomatoes, feta cheese and capers.

Serves 6.

Per serving: calories 419, calories from fat 114, total fat 13g, saturated fat 7g, cholesterol 138mg, total carbohydrate 49g, protein 29g.



# Florida White Shrimp



SWEET and DELICIOUS

## RECIPES

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



## Curried Shrimp

- 2 pounds cooked fresh Florida shrimp
- 4 tablespoons butter, melted
- 2 tablespoons flour
- 2 cups chicken broth
- 2 teaspoons Worcestershire sauce
- 2 tablespoons curry powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 cups cooked rice
- 4 tablespoons chutney
- 4 tablespoons shredded coconut
- 4 tablespoons chopped Florida onions
- 4 tablespoons bacon bits
- 4 tablespoons grated hard-boiled eggs
- 4 tablespoons ground peanuts

Leave the small shrimp uncut, but cut larger shrimp into 2 to 3 pieces. Set shrimp aside. Melt butter in large saucepan. Stir in flour and chicken broth, stirring constantly while bringing to a boil. Let simmer 1 to 2 minutes. Add Worcestershire sauce, curry powder, salt and pepper. Add the shrimp to the sauce and stir gently. Serve warm over rice. Offer chutney, coconut, onions, bacon bits, eggs and peanuts as assorted condiments.

Serves 4.

Per serving: calories 392, calories from fat 144, total fat 16g, saturated fat 8g, cholesterol 345mg, carbohydrate 24g, protein 39g.

[www.WildFloridaShrimp.com](http://www.WildFloridaShrimp.com)

## Shrimp Scampi

- 1 pound large Florida shrimp peeled and deveined
- 1/2 cup butter
- 1/2 teaspoon salt
- 6 cloves garlic, peeled and crushed
- 2 tablespoons chopped fresh parsley
- 1 teaspoon grated lemon rind
- 1 tablespoon lemon juice
- 1 pound fettuccine
- lime or lemon wedges for garnish

Peel and devein shrimp. Wash quickly under running water; drain well on paper towels. Melt butter in a 13x9x2 inch baking dish in 400° oven. Add salt, garlic, and 1 tablespoon of the parsley to the melted butter; mix well. Arrange shrimp in a single layer over seasoned, melted butter and bake uncovered for 5 minutes. Turn shrimp and top with lemon rind, lemon juice and remaining parsley. Bake for 8 to 10 minutes longer or until shrimp are opaque. Cook fettuccine al dente.

Arrange shrimp over cooked fettuccine on a heated serving platter. Pour butter sauce over shrimp and garnish with lime or lemon wedges. Serves 6.

Per serving: calories 416, calories from fat 154, total fat 17g, saturated fat 9g, cholesterol 187mg, total carbohydrate 42g, protein 25g.



White Shrimp

Wild Caught

# Low Country Boil

- 2 crab boil bags
- 2 Florida onions, quartered
- 4 stalks celery, chopped
- 3 tablespoons salt
- 1 tablespoon hot sauce
- 3 tablespoons Worcestershire sauce
- 6 cloves garlic
- 1/2 cup vinegar
- 1 1/2 pound Florida beef sausage, sliced thin
- 6 ears fresh Florida corn, halved
- 3 pounds fresh Florida medium shrimp, washed and unshelled

Combine first 8 ingredients in a 3 gallon kettle and fill 1/3 of kettle with water. Boil for 30 minutes. This can be done earlier in the day so seasonings can blend. Fifteen minutes before serving, bring to a brisk boil. Add sausage and boil for 5 minutes, then add corn and continue to boil for 5 minutes more. Blend in shrimp and boil for the last 5 minutes. Strain off pot liquor (the liquid) and serve immediately in a large bowl. Offer cocktail sauce and let guests peel their own shrimp.

Serves 6.

Per serving: calories 730, calories from fat 318, total fat 35g, saturated fat 13g, cholesterol 407mg, total carbohydrate 36g, protein 64g.

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

# Purchasing and Preparation Tips

- Signs of quality when purchasing white shrimp: tightly adhering shells, legs intact, meat that is firm to the touch, fresh sea smell.
- Store shrimp in coldest part of refrigerator for up to 2 days.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination. After handling raw seafood, thoroughly wash your hands, knives and cutting surfaces with hot soapy water.
- To boil shrimp, drop the shrimp in boiling water and simmer for 3 to 4 minutes per pound of shrimp. Drain and rinse immediately under cold water to halt the cooking process. You may use a commercial "shrimp boil" seasoning or season to personal taste with one or more of the following: salt, lemon slices, beer, pickling spices, whole peppercorns or bay leaves.

**Bureau of Seafood and Aquaculture Marketing**  
2051 East Dirac Drive  
Tallahassee, FL 32310 • 850/488-0163

Florida Flavor

  
[www.fl-seafood.com](http://www.fl-seafood.com)