

## Seafood Safe Handling Tips

- When shopping, purchase seafood last and keep it cold during the trip home.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot, soapy water.
- Always marinate seafood in the refrigerator. Discard used marinade to avoid bacteria from raw juices. For basting, reserve a portion of marinade before adding raw seafood.

## Buying and Storing Tips

- Shrimp should have a fresh sea breeze aroma and no discoloration.
- Store fresh shrimp in the coldest part of the refrigerator at 32 degrees for up to two days.
- To freeze, wrap shrimp tightly to prevent freezer burn; date the package and store at 0 degrees for up to two months. Thaw in the refrigerator or under cold running water.
- Shrimp are sized and sold by count (number of shrimp) per pound either whole or with head off. A lower count number means a larger size shrimp.

## How Much to Buy

- Raw, head off, shell-on  $\frac{1}{3}$  pound per serving
- Raw, peeled and deveined  $\frac{1}{4}$  pound per serving

## Cooking Tips

- Cook shrimp with the shell on or peeled. Cooking time will vary according to size of the shrimp. Cook until meat is opaque; do not overcook.
- To devein peeled raw shrimp: Use a sharp knife to make a shallow cut on the curved back exposing the black sand vein; remove vein using knife tip or finger.
- Season water with commercial “shrimp boil” or flavor using lemon slices, pickling spices, whole peppercorns or bay leaves.

# Wild Shrimp

Shrimp are the most popular seafood in the United States and are a naturally renewable resource. They are an excellent source of high-quality protein and are naturally low in fat, carbohydrates, calories and are a source of omega-3 fatty acid. Wild shrimp are available fresh or frozen year-round. Five types of wild shrimp are commercially harvested in Florida.

Pink shrimp make up the majority of Florida’s wild-caught shrimp. The meat is white with pink tones and has a firm, tender texture and a mild, sweet flavor. White shrimp have a sweet taste and firm meat. Shells are gray with a blue tint when raw but “pink up” when cooked. Brown shrimp have a stronger ocean flavor due to higher iodine content. Shells are reddish-brown and turn pink when cooked. Royal red shrimp have a deep red color, a soft, delicate texture and a unique briny ocean flavor. Rock shrimp is named for its tough, rock-hard shell. The cooked meat is white with red skin tones and has a sweet shrimp taste with a firm lobster-like texture.

Nutritional Value Per Serving: For approximately 4 ounces (114 grams) of raw, edible portions: Calories 120, Calories From Fat 15, Total Fat 1.5g, Saturated Fat 0g, Trans Fatty Acid 0, Cholesterol 155mg, Sodium 170mg, Total Carbohydrates 0g, Protein 23g, Omega 3 Fatty Acid 0.23g.

Mislabeling seafood is illegal. If you believe a seafood product purchased from a supermarket seafood counter or a seafood retail store is mislabeled, please contact the Florida Department of Agriculture and Consumer Services at 850-617-7280.

Always ask for Florida seafood and look for the “Fresh From Florida” logo.

[FreshFromFlorida.com/Seafood](http://FreshFromFlorida.com/Seafood)



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# Seafood Recipes



## Wild Shrimp



[FreshFromFlorida.com/Seafood](http://FreshFromFlorida.com/Seafood)



## Florida Gulf Shrimp and Sweet Pepper Stir Fry with Honey-Citrus Glaze

### Ingredients:

- 1 Pound Florida shrimp, peeled and deveined
- 3 Bell peppers, assorted colors, sliced
- 1 Large onion, sliced
- 1 Tablespoon toasted sesame seeds
- 1 Tablespoon honey
- 1 Cup orange juice
- ¼ Cup cornstarch
- ¼ Cup low sodium soy sauce
- Oil for cooking
- Sea salt and fresh ground pepper to taste

### Preparation

Lightly coat the shrimp with the corn starch. Preheat a large sauté pan over medium-high heat. Add 1 tablespoon of olive oil to the preheated sauté pan. Carefully add the coated shrimp to the sauté pan and cook until almost done, about 3 minutes.

Remove the shrimp from the pan and add the peppers and onions. Cook the peppers for 4 minutes. Add the honey, orange juice and soy sauce to the pan. Turn the heat up slightly. Bring the liquid ingredients up to a boil. Turn the heat back down to medium-high and add the shrimp back to the sauté pan. The sauce should thicken and the shrimp will be cooked after 3 minutes. Serve over brown rice. Garnish with sesame seeds.

### Yield

4 servings

## Shrimp Tacos with Cabbage

### Ingredients

- 1 Pound medium-sized Florida shrimp, peeled
- 8 Corn or flour tortillas
- ¼ Cup fresh cilantro, chopped
- 2 Cups cabbage, shredded
- 2 Tomatoes, diced
- 1 Tablespoon hot pepper sauce (your favorite)
- 1 Fresh lime, juiced
- Vegetable oil (cooking)
- ½ Cup plain yogurt
- 1 Teaspoon dried cumin
- Sea salt and fresh ground pepper to taste

### Preparation

Wrap tortillas in foil and warm in 300 degree oven.

Preheat a medium sized sauté pan over medium-high heat. In a small mixing bowl combine the yogurt, lime juice, cumin and hot sauce. Stir ingredients to combine and taste. Adjust seasoning with salt and pepper. Set aside the yogurt sauce for later. Lightly season the shrimp with salt and pepper. Add 1 tablespoon of oil to the preheated sauté pan. Carefully add the seasoned shrimp to the sauté pan. Cook for 2 to 4 minutes or until completely done throughout. Assemble tacos by starting with a tortilla, then layer cabbage, cilantro and tomatoes. Place an even portion of shrimp on top of the vegetables. Spoon some of the yogurt sauce on top of the shrimp.

### Yield

4 servings

## Barbecued Shrimp

### Ingredients

- 6 Tablespoons butter, divided
- 2 Teaspoons seafood seasoning or shrimp boil
- 1 Teaspoon cracked black pepper
- 2 Cloves garlic, finely chopped
- 1 Tablespoon fresh basil, chopped
- 1 Tablespoon fresh oregano, chopped
- 1 Tablespoon fresh parsley, chopped
- 2 Pounds large shrimp, peeled, with tail on
- 1 Tablespoon Worcestershire sauce
- ¼ Cup beer
- 2 Lemons, juiced
- ½ Cup bottled clam juice

### Preparation

Brown 3 tablespoons of butter in skillet; add seafood seasoning, pepper, garlic, parsley and shrimp. Sauté over high heat until shrimp are pink. Add Worcestershire, beer, lemon juice and clam juice. Bring to a boil and reduce. Whisk remaining 3 tablespoons of butter into sauce to finish. Serve over coleslaw with extra sauce and crusty bread.

### Yield

4 servings