

Florida Food Fare

by Jean Meadows and Mary King
Family & Consumer Sciences
University of Florida / IFAS
Sarasota County Extension



Shrimp

Description: This edible crustacean, considered to be America's favorite shellfish, has over 200 species. Most shrimp in the United States come from bordering waters of the Atlantic and Pacific Oceans and the Gulf of Mexico. The species are divided into two broad classifications --- warm water shrimp and cold water shrimp. As a general rule, the colder the water, the smaller and more flavorful the shrimp. Shrimp harvested from Florida waters are among the larger shrimp.

Four species of shrimp are of primary commercial importance in Florida. They are the pink, white, brown and rock shrimp. "Green" shrimp is a term used to describe raw shrimp of any species, in the shell. Regardless of the color of the green shrimp, when cooked the shells of all species will turn red and the meat will become white with reddish tinges.

Availability: Shrimp is available year round in the markets. Some are harvested from Florida waters, while others are from other U.S. coastal shores as well as foreign imports. Approximately one-half of all imported shrimp is farm raised. .

Many forms of shrimp are found in the marketplace - shelled or unshelled, raw or cooked and fresh or frozen. Most shrimp are sold headless but in areas close to commercial shrimp docks you will also find them available with heads on - usually frozen. There are also processed shrimp products such as breaded or stuffed, frozen shrimp, shrimp spread, dried shrimp and shrimp paste (the last two found in Asian markets).

Selection and Care: Shrimp are usually sold according to size or grade based on the number of headless shrimp per pound. This is indicated by the names -

jumbo, large, medium and small. Raw shrimp should smell of the sea with no hint of ammonia. Fresh shrimp are firm in texture and have a mild odor. When purchasing frozen shrimp, make sure the shrimp are solidly frozen, have little or no odor, no brown spots and no signs of freezer burn, indicated by a very white, dry appearance around the edges.

Nutritional Value: Shrimp provide high quality protein, vitamins and minerals and are low in calorie and fat content. One 3 1/2-ounce serving of cooked (steamed or boiled) shrimp contains: 99 calories, 21 g protein, 1 g fat, 77 g water, 195 mg cholesterol, 66 RE vitamin A 39 mg calcium, 34 mg magnesium, 137 mg phosphorus, 182 mg potassium and 224 mg sodium.

Use & Preparation: These shellfish are very tender and cook quickly. Overcooking is usually the greatest problem in preparing shrimp. Rock shrimp cook even more quickly than the other species. "Boiled" shrimp, as we call them, should really not be boiled at all but simmered. This can be done with the shrimp in the shell or shelled.

Cleaning or "deveining": All shrimp species have a sand vein along the spine. This vein and the amount of sand in it is more prominent in some shrimp than others. The cleaning method is the same for raw or cooked shrimp, but it is simpler to do when raw. To peel, hold the tail of the shrimp in one hand under shell between swimmerettes (legs) and lift off several segments of shell. Repeat, if necessary, removing all but the tail section. To remove "sand" vein, make a cut with a sharp knife about 1/8 inch deep along the upper curve of the shrimp; then rinse away the sand vein under cold water.

Boiled or Steamed Shrimp

To "boil" shrimp, place them in a large pot of boiling water with 4 cups of water per pound of shrimp. Simmer 2-3 minutes for rock shrimp and 3-5 minutes for other species.

Recipes:

Baked Stuffed Shrimp

24 large shrimp with tails unpeeled, butterflied	8 oz. low sodium cream of mushroom soup 4 ounces cream
8 ounces lump crab meat	Bread crumbs, very fine
1/4 cup butter	Garlic powder
1 1/2 pounds low fat mild Cheddar cheese,grated	Salt and white pepper to taste Paprika

Lightly saute' crabmeat in butter; add cheese, soup, cream and bread crumbs. Season. Increase bread crumbs if necessary to mold stuffing into shrimp.

Sprinkle with paprika. Bake at 350 degrees F. about 10 minutes. Serves 4.

Shrimp Fajitas

1 pound medium shrimp, shelled	1 tablespoon olive oil
1 cup chopped cilantro	2 large bell peppers, thinly sliced
2 cloves minced garlic	1 large onion, thinly sliced
1/3 cup lime juice	1/2 cup plain nonfat yogurt
4 flour tortillas - 9 inch	

Stir together shrimp, cilantro, garlic, and lime juice. Let stand at room temperature for 20 minutes. Meanwhile, wrap tortillas in foil and place in a 350 degrees F. oven until hot (about 15 minutes). Heat oil in a wide nonstick frying pan over medium-high heat. Add peppers and onion. Cook, stirring occasionally, until limp (about 10 minutes). Remove vegetables and keep warm. Add shrimp mixture to pan, increase heat to high, and cook, stirring often, until shrimp are opaque in center; cut to test (about 3 minutes). Return vegetables to pan, stirring to mix with shrimp. Spoon shrimp mixture into tortillas, top with yogurt, and roll up. Yield: 4 servings

Shrimp Macaroni Salad

A great way to stretch shrimp in family meals!

3/4 pound cooked, peeled, de-veined shrimp	3 tablespoons low fat garlic French dressing
2 cups cooked shell macaroni	1 tablespoon lemon juice
1 cup chopped raw cauliflower	1 teaspoon grated onion
1 cup sliced celery	1 teaspoon celery seed
1/4 cup chopped parsley	1 teaspoon salt
1/4 cup chopped sweet pickle	1/4 teaspoon pepper
1/2 cup lite mayonnaise or salad dressing	Salad greens

Thaw shrimp, if frozen. Cut large shrimp in half. Combine macaroni, shrimp, cauliflower, celery, parsley and pickle. Combine mayonnaise, French dressing, lemon juice, onion and seasonings; mix thoroughly. Add mayonnaise mixture to shrimp mixture and toss lightly; chill. Serve on salad greens. Serves 6.

Thai Coconut Shrimp

A stir fry that is quick and easy to prepare!

1 pound peeled, deveined shrimp	2 tablespoons (that's right) ground
---------------------------------	-------------------------------------

1 tablespoon cooking oil	coriander
1 cup chopped onions	1 teaspoon paprika
3 large cloves garlic, minced	1 cup coconut milk
1 tablespoon minced fresh ginger root	1 3-4 inches stalk lemon grass, or rind
1-2 fresh or dried chili peppers,* seeded and chopped	of 1 lemon
2 teaspoons ground cumin	1 teaspoon brown sugar
	2-4 tablespoons tamarind or lemon juice

Shell shrimp, devein if necessary. In wok or skillet, heat oil and saute' onions, garlic, ginger and peppers until onions are golden. Add spices and cook for 1 minute. Add shrimp, and cook over low heat for 1 minute, stirring frequently. Add coconut milk, lemon grass, and sugar. Bring to a simmer and cook gently for 2 minutes. Do not overcook or shrimp will toughen. If mixture seems dry, add a little more coconut milk, or water. Add tamarind liquid, remove from heat and serve over cooked (brown) rice. Serves 3-4.

* Another way to prepare this would be with chili oil, rather than the peppers. Start with 1/2 teaspoon chili oil and add as your taste buds allow.