

Florida Style Cioppino

1/4 cup	olive oil
1/2 cup	onion (finely chopped)
1/2 cup	Florida green pepper (small diced)
1/2 cup	scallions (diced)
1/2 cup	Florida celery (small diced)
3 tablespoons	Florida garlic (minced)
4 cups	Florida tomatoes (medium diced)
1 cup	tomato puree
1 cup	white wine
1	bay leaf
12	Florida littleneck clams in the shell
1/2 pound	Florida shrimp (peeled and deveined)
1 pound	Florida swordfish (cut into 1 inch pieces)
3 tablespoons	fresh basil (chopped)
12	garlic croutons

Heat olive oil in a large pot; add onions, green pepper, scallions, and celery; saute until translucent. Add garlic and briefly sauté. Add tomatoes, puree, wine, and bay leaf. Simmer for 45 minutes. Add clams and simmer for 10 minutes, then add shrimp and swordfish. Simmer until fish is cooked through (do not stir). Add chopped basil and season with salt and pepper. Garnish with garlic croutons. Yield: 4 servings.

Per serving: Calories 500; Fat total 25g; Saturated fat 4.3g; Cholesterol 173mg.; Carbohydrates 19.3g; Protein 47g.

Florida Farm-raised Shrimp

- Has a sweet succulent taste and a beautiful coral red color enhancing its appeal in a variety of recipes.
- Is easily prepared boiled, baked, grilled, sautéed, or fried.
- Is low in fat and an excellent source of high-quality protein.
- Is naturally grown without chemicals or antibiotics.
- Is a versatile and healthy choice for all menus, simple to elaborate.

✦ Look for these signs of quality when purchasing shrimp: tightly adhering shells; legs intact; meat that is firm to the touch; fresh sea breeze smell.

✦ Shrimp is available fresh or frozen, whole, headless, shell-on, peeled undeveined, peeled and deveined, and tail-on.

✦ Shrimp are sized and sold either whole or headless by count (the number of shrimp per pound).

Less than 20/pound = jumbo
20-30/pound = large
30-40/pound = medium
more than 40/pound = small

✦ One pound of raw, headless, shell-on shrimp will yield approximately 3/4 pound of cooked, peeled and deveined shrimp.

✦ Purchase seafood last when you are grocery shopping. 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 refrigerator at 32-38 degrees F and use within two days or store in freezer at 0 degree F and use within six months.

✦ Thaw frozen shrimp in the refrigerator or under cold running water.

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

www.FL-Seafood.com
www.FL-Aquaculture.com

Florida Farm-raised Shrimp

A Crowd Pleaser!



Florida Department of Agriculture and Consumer Services

Coconut Fried Shrimp with Sweet and Sour Sauce



2 cups	shredded coconut
2 cups	all-purpose flour, divided
1 1/2 cups	Florida milk
1 1/2	teaspoons baking powder
1 teaspoon	curry
1/2 teaspoon	salt
2 pounds	Florida shrimp, large
1/2 cup	catsup
1/3 cup	orange marmalade
3 tablespoons	red wine vinegar
1 tablespoon	soy sauce
1 tablespoon	lemon juice
2 teaspoons	dry mustard
1 teaspoon	horseradish
1/4 teaspoon	curry powder

Place 1/2 coconut and 1/2 cup flour in 2 shallow pans. Combine 1 1/2 cups flour, milk, baking powder, curry and salt in a 1-quart mixing bowl; stir. Dredge cooked, peeled and deveined shrimp in flour, dip in batter, then roll in coconut. Fry in hot canola oil at 350° F until coconut is golden brown. Drain on absorbent paper. For sauce: Combine remaining ingredients in a saucepan; heat until bubbling. Serve sauce hot for dipping with shrimp. Yield: 6 servings

Per serving: Calories 670; Calories from fat 230; Total fat 26g; Saturated fat 19g; Cholesterol 240mg; Carbohydrates 70g; Protein 39g.

Vero Beach Shrimp Salad



1 pound	Florida shrimp, cooked, peeled and deveined
1 package	fresh spinach, 8 ounce
1 cup	fresh Florida orange slices
1/4 cup	red onion, chopped
2 tablespoons	fresh cilantro, chopped
1/2 cup	fresh Florida orange juice
2 tablespoons	dry sherry
2 tablespoons	Florida honey
1 tablespoon	fresh Florida lime juice
1/2 teaspoon	ground cumin
1 tablespoon	olive oil

Chill shrimp. Combine first six ingredients and toss lightly. Combine orange juice, sherry, honey, lime juice, cumin, and olive oil; blend and add to salad. Toss until ingredients are mixed well.

Yield: 4 servings

Per serving: Calories 303; Total fat 6g; Saturated fat 1g; Cholesterol 234mg.; Carbohydrates 29g; Protein 34g.

Pickled Shrimp



1 1/2 pounds	Florida shrimp, cooked, peeled and deveined
1 cup	white vinegar
1 cup	red onions, chopped (large pieces)
1/2 cup	vegetable oil
2 tablespoons	capers
2 teaspoons	garlic, minced
	salad greens or pasta

Combine cooked, peeled and deveined shrimp with vinegar, chopped red onions vegetable oil, capers and minced garlic, and refrigerate at least eight hours or overnight, stirring occasionally. Remove shrimp and onions from marinade and serve with salad greens or pasta.

Yield: 4 servings

Per serving: Calories 220; Calories from fat 100; Total fat 26g; Saturated fat 1g; Cholesterol 200mg; Carbohydrates 8g; Protein 22g.