

Purchasing & Preparation Tips

- Signs of quality when purchasing rock shrimp: tails slightly curled, fresh sea smell, no discoloration.
- Store rock shrimp in coldest part of refrigerator for up to 2 days.
- To freeze rock shrimp, wrap tightly in a bag to prevent freezer burn, write date on package and store at 0° for up to 5 months. Thaw in refrigerator or under cold running water.
- 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 cook, drop the shrimp in boiling water and cook for 35 seconds or broil for 2 minutes. Rock shrimp are cooked and ready to eat when they turn opaque.

Rock Shrimp The Florida Shrimp with the Lobster Taste

Rock shrimp receives its name from the rock-like hardness of its shell. The rock shrimp is easily mistaken for a miniature lobster tail, has the texture of a lobster and tastes similar to lobster.

Rock shrimp can be used in any recipe requiring lobster or shrimp.

This deep-sea delicacy cooks quickly and is economical.



Rock Shrimp Pasta Salad



Rock Shrimp

RECIPES



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DACS-P-01432 REV. 03-2007

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



Rock Shrimp Pasta Salad

- 1 pound Florida Rock Shrimp, cooked, peeled and deveined
- 1 cup Florida celery, sliced thin diagonally
- 3 cups linguine noodles, cooked
- Vinaigrette Dressing
- Florida Bibb lettuce
- Florida tomato wedges
- Florida avocado slices

In a medium-size bowl combine Florida rock shrimp, celery and cooked noodles. Toss with $\frac{1}{4}$ cup of vinaigrette dressing. Serve on a bed of Bibb lettuce and garnish with tomato wedges and avocado slices. Serve with remaining vinaigrette dressing.

Yield: 6 servings.

Vinaigrette Dressing

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| 1 cup vegetable oil | $\frac{1}{2}$ teaspoon pepper |
| $\frac{1}{2}$ cup half and half | $\frac{1}{2}$ teaspoon dry mustard |
| 3 tablespoons white vinegar | $\frac{1}{2}$ teaspoon lemon juice |
| 2 teaspoons sugar | $\frac{1}{2}$ teaspoon Worcestershire sauce |
| 2 hard-cooked egg yolks, sieved | 2 small garlic cloves, crushed |
| 1 tablespoon capers, chopped | |
| 1 teaspoon salt | |
| $\frac{1}{2}$ teaspoon onion salt | |

Combine all ingredients in a container with a tight-fitting lid. Shake thoroughly before using. Makes 1 $\frac{1}{2}$ cups of dressing.

Per serving: calories 597, calories from fat 367, total fat 43g, saturated fat 6g, protein 21g, carbohydrates 34g, cholesterol 171mg.



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It's Good for Your Heart**

Marinated Rock Shrimp

- 1 pound cooked, peeled and deveined Florida rock shrimp
- 1 pound whole-kernel Florida corn, drained
- 1 pound cooked green beans, drained
- 1 cup chopped Florida onion
- $\frac{1}{2}$ cup chopped Florida red bell pepper
- $\frac{2}{3}$ cup white vinegar
- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{2}$ cup sugar
- 1 teaspoon ground white pepper
- Florida salad greens

Combine shrimp, corn, beans, onion and bell pepper in a 4-quart bowl; set aside. Combine remaining ingredients except salad greens in a 2-quart bowl; mix well. Pour vinegar mixture over shrimp and vegetables; mix well. Cover and refrigerate. Serve on salad greens.

Yield: 6 servings.

Per Serving: calories 368, calories from fat 172, total fat 20g, saturated fat 2g, cholesterol 93mg, total carbohydrate 28g, protein 16g.

Sweet & Sour Rock Shrimp

- 1 cup chopped Florida green bell pepper
- $\frac{1}{4}$ cup butter
- 16 ounces pineapple chunks in heavy syrup
- $\frac{1}{2}$ cup white vinegar
- $\frac{1}{4}$ cup sugar
- 2 tablespoons cornstarch
- 1 tablespoon soy sauce
- 1 cup Florida cherry tomato halves
- 1 pound cooked, peeled and deveined Florida rock shrimp



Cook bell pepper in butter until just beginning to brown. Combine pineapple and syrup, vinegar, sugar, cornstarch and soy sauce; mix well and add to bell pepper. Cook, stirring constantly, until mixture is thick. Stir in tomatoes and shrimp and heat thoroughly. Serve with cooked rice.

Yield: 4 servings.

Per Serving: calories 373, calories from fat 111, total fat 12g, saturated fat 7g, cholesterol 169mg, total carbohydrate 42g, protein 22g.

Spectacular Shrimp Spread

- $\frac{1}{2}$ pound cooked, peeled and deveined Florida rock shrimp
- 1 13-ounce can artichoke hearts, drained
- 1 cup mayonnaise
- $\frac{1}{2}$ cup grated Parmesan cheese
- 1 teaspoon lemon juice
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cayenne pepper
- assorted crackers

Preheat oven to 400°. Finely chop rock shrimp and artichoke hearts. Mix shrimp, artichoke hearts, mayonnaise, cheese and seasonings well. Place mixture in a 9-inch pie plate or 1-quart shallow baking dish. Bake at 400° for 10 minutes or until hot and bubbly. Serve hot with crackers.

Yield: 4 $\frac{1}{2}$ cups.

Per Serving: calories 97, calories from fat 77, total fat 9g, saturated fat 2g, cholesterol 21mg, total carbohydrate 1g, protein 3g.



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**Seafood Alternative:
Shrimp or Spiny Lobster**