

Seafood Safe Handling Tips

- 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.
- Marinate seafood in the refrigerator and discard any used marinade to avoid bacteria from raw juices. For basting, reserve a portion before adding raw seafood.

Buying and Storing Tips

- Shrimp should have a fresh sea breeze aroma, firm flesh, tightly adhering shells and no discoloration.
- Store fresh shrimp in the coldest part of refrigerator at 32° F for up to 2 days.
- Rock shrimp are available raw fresh or individually quick frozen (IQF), whole or headless with shell-on, split and deveined or fully peeled.
- To freeze, wrap shrimp tightly to prevent freezer burn; date the package and store at 0° F for up to 6 months. Thaw in the refrigerator or under cold running water.

How Much to Buy

- Rock Shrimp is sold by “count” (number of shrimp per pound) with the largest size about 21-25 per pound. Two pounds of raw tails will yield one pound of cooked, peeled and deveined rock shrimp.

Raw, head off, shell-on shrimp: buy 1/2 pound per serving
Raw, peeled and deveined shrimp: buy 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.
- To boil shrimp: Boil water (4 cups for each pound of shrimp) and add seasonings. Add raw shrimp then reduce heat; cover and simmer until the largest shrimp is opaque (3 to 4 minutes per pound of shrimp). Drain then rinse under cold water immediately to halt the cooking process.
- Season water with commercial “shrimp boil” or flavor the water to personal taste using salt, lemon slices, beer, pickling spices, whole peppercorns or bay leaves.

Rock Shrimp

Rock shrimp (*Sicyonia brevirostris*) is a deep-water cousin of the wild pink, brown and white shrimp. Rock shrimp is named for the tough, rock-hard shell which resembles a miniature lobster tail. Similar to deep-sea lobster, rock shrimp lives, spawns and is harvested in 120 to 240 feet of water off Florida’s Atlantic coast and in some areas of the Gulf of Mexico. It is harvested year-round using reinforced trawl nets. Rock shrimp typically does not grow to a size larger than 21-25 per pound.

Rock shrimp is an excellent source of high-quality protein and is naturally low in fat, carbohydrates and calories. It is sold raw either fresh or frozen, whole or headless with shell-on, split-shell and deveined or fully peeled. Two pounds of raw shell-on tails yield one pound of cooked, peeled and deveined rock shrimp. Due to its smaller size, rock shrimp cooks in about half the time required for regular shrimp. The cooked meat is plump and white with red skin tones. It has the sweet shrimp taste with the firm texture of lobster. This makes it a perfect substitute for lobster or shrimp in a variety of recipes for entrees, chilled salads and appetizers.

The Florida rock shrimp shell is most easily removed commercially. When a machine was invented to split the tough shell and devein the shrimp, its availability and popularity increased dramatically.

Substitutes: Blue crab, spiny lobster

Nutritional Value Per Serving:

For approximately 4 ounces (114 grams) of raw, edible portions:
Calories 110, Calories From Fat 10, Total Fat 1g, Saturated Fat .5g,
Trans Fatty Acid 0, Cholesterol 140mg, Sodium 380mg,
Total Carbohydrates 0g, Protein 21g, Omega 3 Fatty Acid 0g.



Rock Shrimp Roll

Florida wild-caught shrimp are harvested from the natural marine environment of the near shore waters of Florida. They are 100% natural, 100% flavorful and 100% premium quality. The Florida seafood industry takes pride in a tradition of integrity and professionalism with a genuine concern for a healthy marine environment. Florida shrimp are harvested under strict environmental regulations and inspection standards to ensure the highest quality product for the consumer. The shrimp industry was instrumental in getting the 3 million acre sanctuary in the Tortugas designated as a shrimp nursery. In Florida, shrimp are harvested with trawls (cone-shaped nets) towed along the bottom in waters near shore. Turtle excluder devices (TEDS) and by-catch reduction devices (BRDS) are used to minimize the capture of marine turtles and fish.



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, Division of Food Safety at 850-245-5520. If purchased at a restaurant, please contact the Florida Department of Business and Professional Regulation at 850-487-1395.

Always ask for Florida seafood and look for the **Fresh from Florida** or **From Florida** logos on signs, brochures and packaging in your supermarket or seafood market. Florida’s seafood industry is dedicated to supplying wholesome, nourishing and affordable seafood products. **Fresh from Florida** seafood information, recipes, and brochures can be found at www.FL-Seafood.com.



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Florida Department of Agriculture and Consumer Services

Rock Shrimp Creole with Fried Eggplant



- 1 canola oil for frying
- 1 large Florida eggplant, sliced in 1/4 inch rounds
- salt and pepper to taste
- 2 Florida eggs
- 1/2 cup milk
- 1 cup bread crumbs
- 2 tablespoons olive oil
- 1/2 cup Florida onion, chopped
- 1/2 cup Florida celery
- 2 cloves Florida garlic, minced
- 1/2 cup Florida red pepper, chopped
- 1 large Florida tomato, chopped
- 1 teaspoon Creole seasoning
- 1 8-ounce can tomato puree
- 1/2 cup dry white wine
- 1 tablespoon capers
- 1/8 teaspoon red pepper flakes
- 1 1/2 pounds Florida rock shrimp, peeled
- 1/4 cup fresh Florida cilantro, chopped

Heat canola oil in deep skillet on medium high heat to 350° F. Season eggplant slices with salt and pepper. In a small bowl, whisk together eggs and milk to make egg wash. Dip eggplant slices into egg wash and then into breadcrumbs. Fry eggplant 2 minutes per side until golden brown. Drain and keep warm. In a large sauté pan, heat 2 tablespoons olive oil over medium heat. Add onion, chopped red pepper and garlic; sauté 1 minute. Add tomato and cook until softened. Stir in puree, wine, capers, and red pepper flakes; bring sauce to a simmer. Add shrimp and simmer, covered, for 5 minutes or until shrimp turn pink. Stir in cilantro. To serve, arrange fried eggplant slices on serving plate and top with shrimp sauce. Yield: 4 servings

Nutritional Value Per Serving: Calories 315, Calories from Fat 148, Total Fat 17g, Saturated Fat 3g, Trans Fatty Acid 0g, Cholesterol 142mg, Total Carbohydrates 20g, Protein 20g, Omega 3 Fatty Acid 1g

Rock Shrimp Artichoke Spread



- 1/2 pound Florida rock shrimp, cooked, peeled, deveined
- 1 13-ounce can artichoke hearts, drained
- 1 cup mayonnaise
- 1/2 cup grated Parmesan cheese
- 1 teaspoon Florida lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 teaspoon hot pepper sauce
- assorted crackers

Preheat oven to 400° F. Chop rock shrimp and artichoke hearts. Mix shrimp, artichoke hearts, mayonnaise, cheese, lemon juice and seasonings well. Place mixture in an oven proof baking dish; bake for 10 minutes until hot and bubbly. Remove from oven and let cool slightly. Serve hot with assorted crackers. Yield: 4 1/2 cups or 24 servings

Nutritional Value Per Serving: Calories 95, Calories From Fat 75, Total Fat 8g, Saturated Fat 2g, Cholesterol 21mg, Total Carbohydrates 1g, Protein 3g., Omega 3 Fatty Acid 0g

Marinated Rock Shrimp Rice Salad

- 2 cups steamed rice
- 1/4 cup Florida green pepper, finely diced
- 1/4 cup Florida cucumber, chopped
- 1/4 cup Florida celery, diced
- 1/4 cup Florida red onion, diced
- 1 pound Florida rock shrimp, cooked and peeled
- 1/2 cup Italian vinaigrette dressing
- 4 medium Florida tomatoes
- Florida romaine lettuce, shredded

In a large bowl, combine all ingredients except tomatoes and lettuce. Toss to coat well with dressing; cover and chill for 1 hour or overnight. Core the tomatoes and cut into wedges from the top to within 1/2 inch from base of tomato to make a cup. Spoon shrimp rice salad into tomato centered on a bed of shredded lettuce. Serve with additional vinaigrette dressing. Yield: 4 servings

Nutritional Value Per Serving: Calories 332, Calories from Fat 61, Total Fat 7g, Saturated Fat 0.5g, Trans Fatty Acid 0g, Cholesterol 172mg, Total Carbohydrates 40g, Protein 27g, Omega 3 Fatty Acid 1g



Rock Shrimp Stuffed Florida Grouper

- 1 tablespoon olive oil
- 1/2 cup Florida yellow onions, minced
- 1/4 cup Florida celery, minced
- 1/4 cup Florida red bell pepper, minced
- 2 teaspoons Florida garlic, chopped
- 1/2 pound Florida rock shrimp, peeled
- 1 teaspoon seafood seasoning
- 1 cup Italian bread crumbs
- 2 tablespoons fresh Florida parsley leaves, finely chopped
- Salt and pepper to taste
- 1/4 cup water
- 4 6-ounce Florida grouper fillets
- 1 tablespoon seafood seasoning
- 4 tablespoons unsalted butter, melted

Preheat the oven to 400°F. Line a baking sheet with parchment paper. Heat the olive oil in a medium-size sauté pan over medium heat. Add the onions, celery, bell pepper and garlic; cook 2 minutes, stirring, until softened. Add the shrimp and season mixture with seafood seasoning. Cook for 2 minutes then remove the pan from the heat. Pour the mixture into a medium-size mixing bowl. Stir in the bread crumbs, parsley, salt and pepper and enough water to bind the mixture. Set aside. Place fillets on a cutting board; cut a v-shape pocket on the top of each fillet then fill with rock shrimp mixture. Place fillets on the prepared baking sheet; sprinkle with seafood seasoning and drizzle with melted butter. Bake 20 to 25 minutes until the fish flakes easily with a fork. Serve immediately. Yield: 4 servings

Nutritional Value Per Serving: Calories 480, Calories from Fat 173, Total Fat 20g, Saturated Fat 9g, Trans Fatty Acid 0g, Cholesterol 180mg, Total Carbohydrates 24g, Protein 49g, Omega 3 Fatty Acid 1g

