

# Reasons To buy Florida Shrimp

**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. Available year-round, 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 acres of sanctuary in the Tortugas as a shrimp nursery. The Florida seafood industry takes pride in a tradition of integrity and professionalism with a genuine concern for a healthy marine environment.

## **FLORIDA WILD CAUGHT SHRIMP:**

- Are a naturally renewable and sustainable resource
- Are harvested in areas that are still pristine and free from pollution
- Are harvested in regulated areas
- Are handled and packaged following U.S.-approved standards
- Are spawned in a natural marine environment
- Occur in near-shore waters and estuaries, giving them their characteristic Florida flavor
- Are harvested at the height of the season, so they naturally taste better



*Go Totally Wild  
for Florida  
Royal Red Shrimp!*

## *Buying Tips*

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

The raw or uncooked flesh is soft and very delicate and needs to be handled with care to avoid breakage or being crushed.

If you choose to use one, there are several varieties of peeling and deveining tools designed to remove the shell and sand vein from the shrimp in one easy motion. They work best when shrimp are raw.

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

To simmer, put water in a large sauce pan (approximately 4 cups of water to 1 pound of shrimp), add seasonings, and bring to a boil. Add shrimp and reduce heat. Cover and simmer 3 to 4 minutes per pound, stirring occasionally, until the largest shrimp becomes opaque throughout. Test one shrimp by cutting in half. Cooking time will vary according to size. Drain and rinse under cold running water to stop the cooking process.

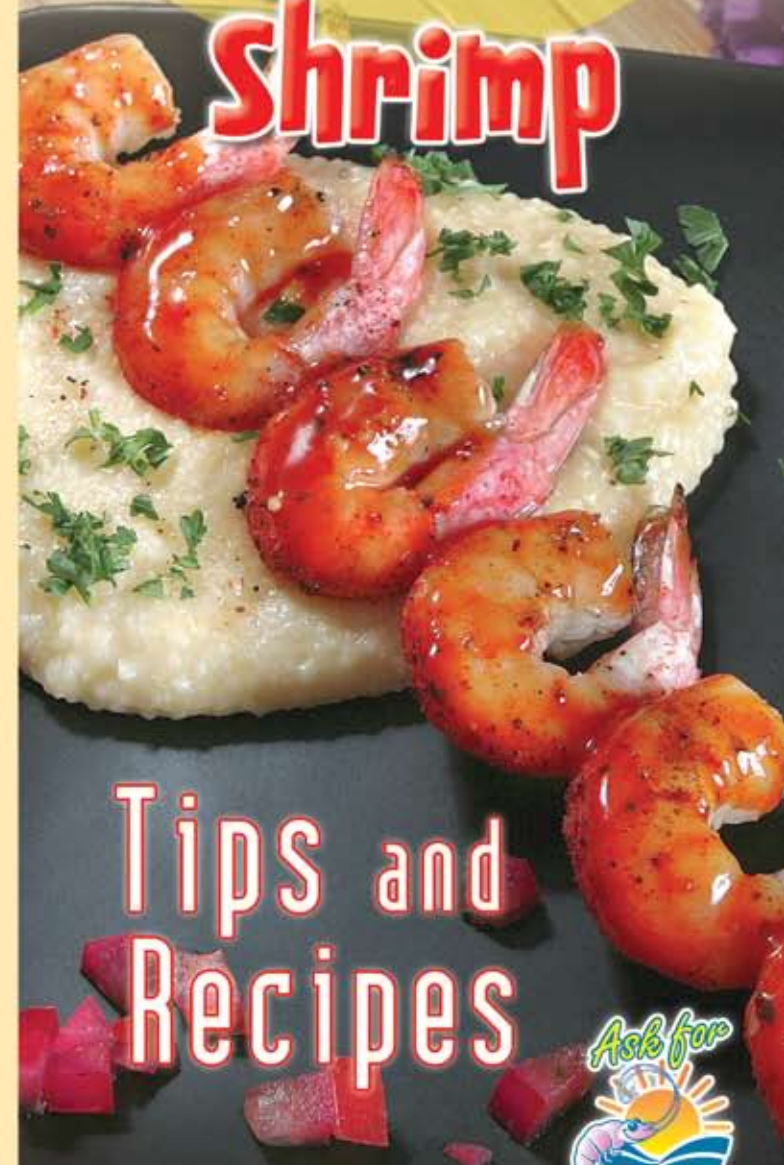
## *Safety Tips*

Keep raw and cooked seafood separate to prevent bacterial cross-contamination. After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and your hands with hot soapy water.

When you are grocery shopping, purchase seafood last and keep it cold. 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 coldest part of your refrigerator (usually the lowest shelf at the back or in the meat keeper) at 32° F for up to two days. They can be frozen when purchased for 6 months at 0° F.

# Wild Florida Royal Red Shrimp



## Tips and Recipes

Florida Department of Agriculture  
and Consumer Services  
Charles H. Bronson, Commissioner





## Shrimp and Fennel Salad

- 1 pound cooked wild Florida Royal Red shrimp, peeled and deveined
- 1/2 cup sour cream
- 1/4 cup finely chopped fennel
- 2 tablespoons chopped fresh dill
- 1 tablespoon Florida lime juice
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon finely shredded Florida lime peel
- 1/4 teaspoons salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon hot pepper sauce

Chop shrimp into bite-size pieces. Combine shrimp and remaining ingredients in a medium bowl; mix well. Chill for 2 hours or longer. Serve on salad greens. Yield: 4 servings.

**Per serving: calories 169, calories from fat 57, total fat 6g, saturated fat 3g, cholesterol 243mg, total carbohydrate 1g, protein 25g.**



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## Grilled Shrimp and Dill Canapés

- 1/4 cup vegetable oil
- 1 tablespoon Florida lemon juice
- 1/2 teaspoon salt
- 1 pound wild Florida Royal Red shrimp, peeled and deveined
- 1/2 cup mayonnaise
- 1/4 cup chopped Florida red onion
- 3 tablespoons chopped fresh Florida dill
- 2 tablespoons deli mustard
- 1 tablespoon Worcestershire sauce
- 1 jalapeño pepper, chopped fine
- 24 slices party bread, toasted

Combine oil, lemon juice and salt. Mix well. Baste shrimp with oil mixture. Place shrimp in well-greased, hinged wire grills, about 6 to 8 inches over medium coals. Cook 3 to 4 minutes; baste with oil mixture. Turn and cook 4 to 5 minutes longer. Remove shrimp from grill and chop fine; set aside. Combine mayonnaise, onion, dill, mustard, Worcestershire sauce, jalapeño pepper and shrimp; mix well. To assemble canapés, spread equal amount of the shrimp spread on top of each bread slice. Yield: 24 canapés.

**Per serving: calories 227, calories from fat 125, total fat 14g, saturated fat 2g, cholesterol 64mg, total carbohydrate 16g, protein 12g.**



## Grilled Shrimp with Orange Barbecue Sauce

- 1 1/2 pounds wild Florida Royal Red shrimp, peeled and deveined
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup Florida orange juice
- 1/2 cup catsup
- 2 tablespoons Florida lime juice
- 1 tablespoon instant minced onion
- 1 tablespoon soy sauce
- cheese grits (optional)

Thread shrimp on 10-inch skewers. Sprinkle with salt and pepper; set aside. In a small saucepan, combine orange juice, catsup, lime juice, onion and soy sauce; heat until bubbly. Brush shrimp with sauce and grill 6 to 8 inches over medium coals for 3 to 4 minutes. Turn, baste and cook an additional 3 to 4 minutes. Serve with cheese grits. Yield: 4 servings.

**Per serving without cheese grits: calories 221, calories from fat 28, total fat 3g, saturated fat 1g, cholesterol 259mg, total carbohydrate 12g, protein 35g.**

Find more recipes at  
[www.FL-Seafood.com](http://www.FL-Seafood.com)