












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.
-  Shrimp are available in a variety of fresh or frozen product forms. The most common form is raw, with head-off and shell-on.
-  To freeze, wrap shrimp tightly to prevent freezer burn and store at 0° F for up to 6 months. Thaw in the refrigerator or under cold running water.
-  Shrimp are sized and sold by count (number of shrimp) per pound either whole or with head off. A lower count number means a larger size shrimp.
 - Jumbo = Fewer than 20 shrimp per pound
 - Large = 20-30 shrimp per pound
 - Medium = 30-40 shrimp per pound
 - Small = more than 40 shrimp per pound

How Much to Buy

-  Raw, head off, shell-on 1/3 pound per serving
-  Raw, peeled and deveined 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 using lemon slices, pickling spices, whole peppercorns or bay leaves.

Wild Shrimp

Shrimp are the most popular seafood in the United States and are a naturally renewable resource. Florida shrimp reproduce rapidly and spawn offshore in deep water from early spring through early fall. The average life cycle of shrimp in the wild is 13 months or less.

Shrimp are an excellent source of high-quality protein and are naturally low in fat, carbohydrates and calories. They also are a source of omega-3 fatty acid, which medical research shows may reduce the risk of heart disease. Wild shrimp are available fresh or frozen year-round. Five types of wild shrimp are commercially harvested in Florida from the Gulf of Mexico and South Atlantic waters:

Pink shrimp from Gulf waters make up the majority of Florida’s wild-caught shrimp. Shells are light pink with a pearl-like texture and a distinguishing pink dot on the head. The meat is white with pink tones and has a firm, tender texture and a mild sweet flavor.

White shrimp from the waters along the Florida Atlantic coast have a sweet taste and firm meat. Shells are gray with a blue tint when raw but “pink up” when cooked.

Brown shrimp from both Gulf and Atlantic waters have a stronger ocean flavor due to higher iodine content with a firmer texture than white shrimp. Shells are reddish-brown and turn pink when cooked.

Royal red shrimp from deep Atlantic waters have a deep red color, a soft, delicate texture and a unique briny ocean flavor. Deep water shrimp harvesting is more difficult and limits the royal red availability.

Rock shrimp is named for its tough, rock-hard shell. The cooked meat is white with red skin tones and has a sweet shrimp taste with a firm lobster-like texture. Most are sold fresh or frozen, raw, peeled and deveined.

Substitutes: Blue crab, spiny lobster

Nutritional Value Per Serving:

For approximately 4 ounces (114 grams) of raw, edible portions: Calories 120, Calories From Fat 15, Total Fat 1.5g, Saturated Fat 0g, Trans Fatty Acid 0, Cholesterol 155mg, Sodium 170mg, Total Carbohydrates 0g, Protein 23g, Omega 3 Fatty Acid 0.23g.



Barbecued Shrimp

Wild-caught shrimp from Florida’s pristine waters are natural, flavorful and of premium quality. They are harvested under strict environmental regulations and inspection standards ensuring the highest quality product. Florida’s seafood industry has a tradition of integrity and concern for maintaining a healthy marine environment. Florida shrimp are harvested with nets equipped with turtle-excluder devices and by-catch-reduction devices to minimize the capture of marine turtles and fish. To ensure shrimp is a renewable resource, the shrimp industry was instrumental in getting a 3,000,000-acre sanctuary in the Tortugas designated as a shrimp nursery.



Mislabeled 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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Wild Shrimp



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

Shrimp Remoulade Wraps



- 2 pounds medium Florida shrimp, cooked and peeled
- 1 1/2 cups light mayonnaise
- 1/2 cup catsup
- 4 tablespoons Dijon mustard
- 2 Florida shallots, minced
- 1 Florida garlic clove, minced
- 1/4 cup prepared horseradish
- 1/4 cup rice wine vinegar
- 1/2 teaspoon celery salt
- 1 teaspoon paprika
- 3 tablespoons seafood seasoning spices
- 2 teaspoons lemon juice
- 1 teaspoon hot pepper sauce
- 1/2 teaspoon salt
- 6 flour tortillas
- shredded Florida lettuce

Chill the cooked shrimp in a large covered bowl in refrigerator for 1 hour. Make a remoulade sauce by combining all but last two ingredients in a food

processor; blend until smooth. Pour mixture over shrimp, stirring to coat. Marinate shrimp in sauce for an hour or more before serving. Spoon shrimp mixture onto center of tortilla and top with lettuce. Roll into a wrap and cut in half to serve. Yield: 6 servings

Nutritional Value Per Serving: Calories 506, Calories from Fat 173, Total Fat 19g, Saturated Fat 4g, Trans Fatty Acid 0g, Cholesterol 247mg, Total Carbohydrates 48g, Protein 35g, Omega 3 Fatty Acid 1g

Florida Shrimp and Blue Crab Pizza

- 1/2 pound medium Florida shrimp, peeled and cooked
- 1/2 cup prepared pesto sauce
- 1 cup reduced fat ricotta cheese
- 2 8-inch flatbreads or pizza crusts
- 1 cup Florida blue crabmeat
- 1 1/2 cups shredded part skim mozzarella cheese
- 2 tablespoons olive oil

Preheat oven to 350°F. Cut shrimp into bite size pieces; set aside. In a small bowl, combine pesto sauce and ricotta cheese. Place flatbread on sheet pan and spread pesto ricotta mixture over each flatbread leaving 1/2 inch crust at edges. Top evenly with shrimp and crab pieces and add a thin layer of mozzarella; then drizzle olive oil over all. Bake for 25 minutes mid-oven until cheese is melted and bubbling. Remove from oven and let cool for 5 minutes. Slide onto cutting board; slice or serve whole. Yield: 2 servings

Nutritional Value Per Serving: (1 pizza) Calories 1063, Calories from Fat 586, Total Fat 66g, Saturated Fat 22g, Trans Fatty Acid 0g, Cholesterol 378mg, Total Carbohydrates 29g, Protein 92g, Omega 3 Fatty Acid 2g



Shrimp and Eggplant Mediterranean



- 1 canola oil for frying
- 1 large Florida eggplant
- salt and pepper to taste
- 2 Florida eggs
- 1/2 cup of milk
- 1 cup flour
- 1 cup bread crumbs
- 3 tablespoons olive oil
- 1 medium Florida onion, chopped
- 1/2 cup Florida red pepper, chopped
- 1 clove Florida garlic, minced
- 1 large Florida tomato, chopped
- 1/2 cup dry white wine
- 1 tablespoon capers
- 1/8 teaspoon red pepper flakes
- 1 1/2 pounds large Florida shrimp, peeled
- 2 tablespoons butter
- 12 whole ripe olives, pitted
- 1/4 cup fresh Florida cilantro, chopped

Heat canola oil in deep skillet on medium-high heat to 350° F.

Slice eggplant into quarter-inch rounds; season with salt and pepper. In a small bowl, whisk together eggs and milk to make egg wash. Dip eggplant rounds in flour; then into egg wash and coat with bread crumbs. Fry eggplant about 2 minutes per side until golden brown. Drain and keep warm. In a large sauté pan, heat 3 tablespoons olive oil over medium heat. Add onion, chopped red pepper and garlic; sauté 1 minute. Add tomatoes and cook until softened. Stir in wine, capers, and red pepper flakes; bring sauce to a simmer. Add shrimp and simmer, covered, for 5 minutes or until shrimp turn pink. Add butter and simmer until sauce thickens. Stir in olives and cilantro. To serve, arrange fried eggplant slices on serving plate and top with shrimp and sauce. Yield: 4 servings

Nutritional Value Per Serving: Calories 681, Calories from Fat 239, Total Fat 27g, Saturated Fat 8g, Trans Fatty Acid 0g, Cholesterol 384mg, Total Carbohydrates 58g, Protein 47g, Omega 3 Fatty Acid 0.1g

Florida Shrimp Newburg

- 4 tablespoons butter
- 4 tablespoons Florida shallots, diced
- 1/2 pound fresh Florida mushrooms, sliced (optional)
- 1 10 ounce can cream of shrimp soup
- 1 cup half and half
- 1/3 cup dry sherry
- 1 teaspoon dry mustard
- 4 tablespoons grated Parmesan cheese
- salt and pepper to taste
- 1 1/2 pounds Florida shrimp, cooked, peeled and deveined
- 4 puff pastry shells, baked

Melt butter in a large saucepan over medium-high heat. Add shallots and mushrooms(optional); sauté for 3 minutes until soft. Stir in soup, half and half, sherry, mustard, Parmesan cheese and salt and pepper to taste. Reduce heat and simmer 10 minutes to blend flavors. Add shrimp and simmer over low heat for 5 minutes, stirring often. To serve, spoon shrimp and sauce into pastry shells. Can be served over rice or toast points if desired. Yield: 4 servings

Nutritional Value Per Serving: Calories 711, Calories from Fat 42, Total Fat 42g, Saturated Fat 16g, Trans Fatty Acid 1g, Cholesterol 327mg, Total Carbohydrates 34g, Protein 45g, Omega 3 Fatty Acid 1g

