

Boiled SHRIMP



TORTILLA TOWERS



SIZZLING SHRIMP



Alternative seafood: rock shrimp

Alternative seafood: scallops, rock shrimp, shark

Bring water (4 cups for each pound of shrimp) and seasonings to a boil. Add shrimp, reduce heat, cover and simmer for 3 to 4 minutes per pound of shrimp. The shrimp do not have to come back to a rolling boil. Stir occasionally and simmer until the largest shrimp is opaque throughout. Cooking time will vary according to size. Drain and rinse immediately under cold water to halt the cooking process. Reduce time by half for peeled and deveined shrimp. One pound of peeled, deveined, cooked shrimp will yield 2 to 3 servings.

One of several commercial "shrimp boil" seasonings can be used or season to personal taste with one or more of the following: salt, lemon slices, beer, pickling spices, whole peppercorns or bay leaves.

- 3 10-inch soft tortilla shells
- 1 cup chopped Florida parsley
- $\frac{1}{2}$ cup chopped black olives
- $\frac{1}{2}$ cup chopped green olives
- $\frac{1}{2}$ cup chopped Florida green onions
- $\frac{1}{4}$ cup olive oil
- 1 teaspoon minced garlic
- 2 cups chopped lettuce hearts
- $1\frac{1}{2}$ pounds of large Florida Pink shrimp, cooked with tails on

Cut tortilla shells in half. Then cut $\frac{1}{2}$ inch off of the rounded side of the half shell. Roll each half shell around an oven-proof glass or tin cup and secure with string. Bake at 300° F until the shells are firm and will hold their shape. Remove from oven and let cool. Cut string away from shells and slide shells off the cup; set aside. Combine parsley, olives, onions, olive oil and garlic; mix well and chill. Place shells on individual serving plates and fill halfway with lettuce. Finish filling the shells with the parsley mixture. Arrange the cooked shrimp on the edge of the shells and serve with your favorite dressing. Yield: 6 servings

Per serving: Calories 281, Calories from fat 135, Total fat 15g, Saturated fat 2g, Cholesterol 221mg, Total carbohydrate 11g, Protein 26g.

- $1\frac{1}{2}$ pounds Florida Pink shrimp, peeled and deveined
- 1 cup Florida mushrooms, cut in halves
- $\frac{1}{2}$ cup, Florida red bell pepper 1 inch by 1 inch pieces
- $\frac{1}{2}$ cup, Florida onion 1 inch by 1 inch pieces
- $\frac{1}{4}$ cup vegetable oil
- 1 cup Florida orange juice
- 2 teaspoons lemon pepper seasoning

Arrange shrimp on wooden skewers with mushrooms, onions and red bell peppers. Place skewers in a glass casserole dish. Combine oil, orange juice and seasoning and pour over shrimp, reserving about one ounce for basting during cooking. Cover dish and refrigerate for 1 hour. Prepare grill surface by cleaning and coating with oil. When coals are ready they will lose the flame and be covered with gray ash. Place skewers on grill about 6 inches from the coals. Let shrimp grill for about 3 to 4 minutes on each side, basting before turning once. Serve with grilled vegetables. Yield: 4 servings

Per serving: Calories 235, Calories from fat 99, Total fat 11g, Saturated fat 2g, Cholesterol 172 mg, Total carbohydrate 9g, Protein 24g.



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SANTA ROSA SHRIMP

Alternative seafood:
scallops, rock shrimp, clams

- 1^{1/2} pounds raw Florida Pink shrimp, peeled and deveined
- 2 Tablespoons minced garlic
- 1 Tablespoon Florida lime juice
- 1 teaspoon ground thyme
- 1 teaspoon salt
- 1/2 teaspoon white pepper
- non-stick cooking spray
- 2 cups fresh Florida whole kernel corn
- 1 cup chopped green Florida bell pepper
- 1 cup chopped red Florida bell pepper
- 1/2 cup chopped Florida onion
- 1 large Florida tomato, cut in 8 pieces

Drain shrimp of all excess water. In large mixing bowl combine shrimp, garlic, lime juice, thyme, salt and white pepper; mix well. Lightly oil large skillet with cooking spray and cook shrimp on medium high for 5 to 6 minutes, stirring occasionally. Remove shrimp from skillet; set aside. In same skillet add corn, bell peppers and onions; cook on medium until corn is tender. Add shrimp and tomatoes to skillet and cook until shrimp are opaque in the center. Yield: 6 servings

Calories: 200, Calories from fat: 25, Fat total: 2.5g, Saturated fat: 0g, Cholesterol: 175mg, Carbohydrates: 19g, Protein: 25g.

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Twice A Week...
it's Good For
Your Heart!**

SHRIMP ST. GEORGE

Alternative seafood:
scallops, rock shrimp, clams, oysters

- 1^{1/2} pounds Florida Pink shrimp
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon white pepper
- 3 Tablespoons vegetable oil

Peel and devein shrimp and pat dry with paper towels; set aside. Combine paprika, garlic, salt, pepper and mix well. Coat shrimp with seasoning mix. Bring vegetable oil to medium-high heat in a large skillet. Place seasoned shrimp in the hot oil in a single layer. Cook for about 3 minutes and turn each shrimp; cook for another 2 to 3 minutes and stir. Serve immediately. Yield: 4 servings

Calories: 277, Calories from fat: 117, Fat total: 13 g, Saturated fat: 2g, Cholesterol: 259mg, Carbohydrates: 3g, Protein: 35g.

The waters surrounding the Tortugas, southwest of Florida, have traditionally been the most productive for pink shrimp harvesting. However, this delicious shrimp is found throughout the marine waters of Florida. Pink Shrimp, (*Penaeus duorarum*) are a very important Florida fishery in both yield and value, and have been referred to as "Pink Gold."

Shrimp, like all Florida seafood, are a wonderful meal choice. They contain low levels of fat and are high in protein, making them a perfect part of a healthy diet. Shrimp from the coasts of Florida are the most delicious in the world, so make your choice Florida shrimp!

From Florida's
Gulf Waters
To Your Table

FLORIDA PINK SHRIMP RECIPES

As Fresh
As It Gets!

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

