

Texas Shrimp



Texas Gulf Shrimp Varieties

The Texas gulf is home to three native species of shrimp, each with its own unique characteristics.



Brown

A nocturnal species caught in deeper, offshore waters, brown shrimp have a bold, distinctive flavor.



White

Tender white shrimp are usually caught near shore and have a sweet flavor.



Pink

A less common variety in the Texas marketplace, pink shrimp have a firm, tender texture and mild sweet taste.



- Shrimp can be purchased:
 - Retail – purchased at the store
 - Dockside – purchased straight from the fisherman at the dock
 - Wholesale – large volume business-to-business purchases



- Texas is one of the top producers of wild-caught shrimp in the nation
- Texas also produces oysters, snapper and other seafood for retailers and restaurants nationwide.
- Texas seafood generates nearly \$850 million in sales annually.
- Texas seafood industry provides more than 14,000 jobs for Texans.

Shrimp Purchasing Tips

- Choose firm shrimp with a fresh sea water scent – not an ammonia smell
- Avoid shrimp with excessive black spots on the shell or meat
- After purchasing shrimp, immediately place it on ice, in the refrigerator or in the freezer to ensure freshness
- Uncooked shrimp may be kept refrigerated 2-3 days or frozen up to several months



How Much to Buy?

- Shrimp are sized and sold by count (number of shrimp) per pound either whole or head off.
 - 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
- A lower count means a larger shrimp size.



How Much to Buy?

- Raw, head-off, shell on – one-third pound per serving
- Raw, peeled and deveined – one-fourth pound per serving



To Devein or Not To Devein?

- Found along the back of the shrimp, it is the digestive tract
- It is not harmful to eat!
- Small and medium shrimp do not need deveining except for cosmetic purposes
- The vein of larger shrimp should generally be removed



Shelling

- Hold onto the tail while gently removing the shell around the body
- You can detach the tail completely or leave it on for presentation



Cooking Shrimp

- Many ways to prepare/cook
 - Grilled
 - Sauteed
 - Boiled
 - Deep fried
 - Breaded
 - Pan-seared



Cooking Shrimp

- The key to cooking shrimp is to avoid overcooking
- When cooked correctly, shrimp will retain a firm texture and be pink and slightly opaque
- Spring test to ensure proper cooking times
 - Hold shrimp upside down by head and pull tail down
 - If cooked, tail will spring back
 - If not, needs to be cooked a little longer



Cooking Shrimp

- Approximate cooking times can also be determined from reading the product size packaging
- Smaller shrimp will need less time to cook than larger shrimp



Marinating Shrimp

- Marinate in the refrigerator, not on the counter
- Discard marinade after use, as it can contain bacteria and raw fluids
- If using the marinade as a sauce, reserve a portion before adding the raw shrimp, or make extra sauce



Safe Seafood Handling Tips

- Purchase seafood last and keep it cold during the trip home
- Keep raw and cooked seafood separate from each other to prevent bacterial cross-contamination



Safe Seafood Handling Tips

- After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot, soapy water
- To thaw shrimp, defrost overnight in the refrigerator or place shrimp, still in a plastic bag, under cold running water until thawed.
- A microwave may be used on the “defrost” setting, stopping when seafood is still icy, but pliable



Nutrition and Shrimp

- High in protein
- Low in fat
- Packed with essential amino acids, vitamins and minerals
- A moderate portion (9-12 shrimp) contains about 150 mg of cholesterol, which is well under the standard dietary recommendation of less than 300 mg of cholesterol per day

Nutrition and Shrimp

- Benefits of a seafood rich diet:
 - Reduces risk of cardiovascular disease
 - Helps protect against heart attack and sudden death
 - Decreases risk of heart arrhythmias
 - Decreases blood triglyceride levels
 - Increases HDL (good) cholesterol
 - Improves circulation
 - Contributes to neurological development in infants
 - Contributes to vision development and nerve growth in the retina
 - Helps build muscles and tissues