# Texas Shrimp



#### Texas Gulf Shrimp Varieties

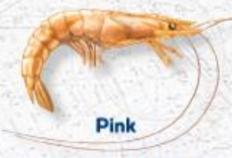
The Texas gulf is home to three native species of shrimp, each with its own unique characteristics.



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



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



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 crosscontamination



#### 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 then 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