

Should All Shrimp Be De-veined?

A shrimp's "vein" is the dark, tiny, string like band that is in effect, the shrimp's intestinal "plumbing". Most cooks won't bother de-veining medium-sized or smaller shrimp, unless they look particularly dirty, although one will occasionally taste a tad gritty when left intact. De-veining, is pretty much a question of flavor (in the large shrimp), and aesthetics, (in the smaller ones). With large shrimp, it's fairly easy to de-vein them. You'll need to de-shell the shrimp first. To de-shell the shrimp, first hold onto the tail while gently removing the shell around the body. The tail can be detached completely at this point, or left attached for presentation purposes. The "vein" is then removed; make a shallow cut lengthwise down the outer curve of the shrimp's body. Pick out the dark ribbon-like vein running lengthwise along the shrimp's back with a pointed utensil. Then rinse the shrimp under cold running water. If you have detached the tail, you can pinch the vein at the tail end and pull it completely out with your fingers by slitting along the back and lifting out the vein with a knife. You can see the vein through the shell and meat, so use your own judgment. Unless you are particularly patient and fussy, don't even bother with small shrimp. It could take literally hours.

The typical shrinkage is from 25% to 50%. In other words 1lb of shrimp will yield approximately 3/4lb to 1/2lb of cooked shrimp.

Delicious Shrimp Recipes

BAKED SHRIMP SCAMPI

Makes 3 to 4 Servings

Amount

1/3 cup
2 cloves
1 pound
1 cup
1 tsp
1 Each

Ingredients

Butter, Melted (plus more for greasing baking dish)
Garlic, Minced
Shrimp, Medium to Ex. Large, Cleaned and De-veined
Breadcrumbs, Fresh
Oregano, Dry Crushed
Lemon, Juiced



Instructions:

Grease baking dish with butter. Melt 1/3 cup butter with garlic over low heat for a minute or two just until it turns light golden. Watch carefully, and don't let it burn. Set the garlic butter aside. Place half of the bread crumbs on the bottom of baking dish. Sprinkle dry oregano over the crumbs. Place shrimp on top of crumbs in a single layer. Squeeze juice of lemon over shrimp. Sprinkle remaining half of the bread crumbs over the shrimp. Pour the garlic butter evenly over the bread crumbs. Bake at 350 degrees F. for 25 minutes or till bread crumbs are nicely browned.

COCONUT BEER SHRIMP WITH SWEET & TANGY SAUCE

Makes 4 to 6 Servings

Amount

4 each
1 cup
1 Tbsp
1-1/4 cup
2 Tbsp
48 large
1-1/2 to 2 cups
As Needed

Ingredients

Eggs, Ex. Large
Beer
Creole (Cajun) Seasoning (1 tsp for the batter, 2 tsp for seasoning the shrimp)
All-Purpose Flour
Baking Powder
Shrimp Raw, Medium to Large Peeled, Tails On, De-veined
Coconut, Shredded Fresh or Moist-Packed
Oil for Deep-frying

SWEET AND TANGY SAUCE:

2 cups
1 Tbsp
1/4 cup
3 Tbsp

Orange Marmalade
Cider Vinegar
Creole or Dijon Mustard
Shredded Horseradish

Instructions: For the Shrimp

Combine eggs, beer, 1 tsp Creole (Cajun) seasoning, flour and baking powder. Blend well. Season shrimp with remaining seafood seasoning. Dip the shrimp in beer batter and roll in coconut. Fry in oil heated to 350 degrees F. in deep fryer, wok or deep saucepan. The oil should be at least 1-1/2 inches deep. Drop shrimp in a few at a time and fry until golden brown. Remove and drain on paper towel.

Instructions: For the Sauce

Blend together dipping sauce ingredients. Dip warm coconut shrimp in sauce and enjoy.

Who You Callin' a Shrimp?

Nino's Shrimp Guide

OR

Why All Shrimp Aren't Created Equal



Our Deliciously Simple and Easy to Digest Primer

Simple Answers to Questions Like...

- Why All Shrimp Aren't Created Equal.
- What are Prawns?... and Other Shrimp Terminology...
- Is Bigger Better? What Shrimp are Best for Each Dish?
- Warm and Cold Water Shrimp. Which are Best?
- "Farmed" & "Pond Raised" vs. "Wild", Is There a Difference?
- Is Shrimp Good For Me?
- Why Some Folk's **Large Shrimp Aren't Always Large**. How to Avoid the Name Game.
- Should All Shrimp be De-Veined?
- Simple Shrimp Recipes



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Why All Shrimp Aren't Created Equal...

Shrimp passed tuna as the most popular seafood in 2003. Americans eat about 4 pounds per person each year, compared with 3.4 pounds of tuna. The sweet, white, dense meat of shrimp has a fresh, mild flavor that combines well with an enormous amount of ingredients and cuisines. But, considering the wide variety of sizes, origins, types and convenience processing it's important to know your shrimp! **All shrimp aren't created equal.** Some shrimp are more suited to preparation methods and dishes than are others. To help you navigate through the vast and often confusing world of shrimp Nino's has included some of the most important information in this easy to digest primer. We hope you enjoy your shrimp. Bon Appetite!

What Are Prawns? ...And Other Shrimp Terminology

Technically, Prawns are a Sub-Species of Shrimp. The two are only distinguishable from one another by such superficial factors that unless you scientifically studied them you couldn't tell the difference. Thus, the word prawn is used interchangeably with shrimp. In Britain, the word shrimp usually means a small species of shrimp, and prawn means a larger one. In Alaska and the Pacific Northwest, the word prawn is sometimes applied to the small coldwater shrimp and is also used for freshwater shrimp. In Australia and Canada, most shrimp are called prawns. In South Africa and the Indian subcontinent, larger shrimp are called prawns and smaller ones shrimp. From a U.S. government standpoint, the Food and Drug Administration recommends the word shrimp. The Food and Agriculture Organization uses the term prawn for freshwater shrimp. It is impossible to generalize about whether to use the term shrimp or prawn. It's so confusing (even for chefs) that the best advice is to find out what it is called locally, and use the same name.

- **Gulf Shrimp** - Many references are made to "Gulf" shrimp on restaurant menus and in retail stores. The term originated years ago when only shrimp from the Gulf of Mexico and South Atlantic were available. In recent years, it has come to mean any warm water shrimp. Because shrimp caught in the Gulf of Mexico represent only about 15% of the total shrimp available in the market, "Gulf" shrimp on the menu may not actually come from the Gulf of Mexico.
- **"Scampi"** is another term with several meanings. Scampi is the plural of scampo, the Italian name for the Norway lobster *Nephrops norvegicus*, also known by the names "Dublin Bay Prawn" and "Langoustine". Sometimes the word is applied to shrimp prepared by sautéing it in butter with garlic. In Europe, freshwater shrimp is sometimes called scampi. In the U.S., the name scampi has no legal application, but usually means sautéed shrimp.
- **"Finished Count"** refers to the actual number of **peeled** shrimp per pound in the package
- **U-10** The "U" means **"under"**, as in under 10 per pound (or about 2 ounces each)
- **Green Shrimp** Actually, in this case "Green" refers to Raw Shrimp, Peel On, Tail On.
- **P&D Shrimp** **"Peeled"** & **"De-Veined"** Shrimp.

Warm and Cold Water Shrimp. Which are Best?

Some 300 species of shrimp are sold worldwide, but saltwater shrimp are generally designated as warm- or cold-water species. Warm-water shrimp are caught in tropical waters. Much of the U.S. catch is harvested in the South Atlantic and the Gulf of Mexico. Warm-water species are classified by shell color (white, pink, and brown shrimp) but the differences in appearance and flavor are hard to detect. Rock shrimp, another warm-water variety, has a hard-to-peel shell but unusually sweet meat. Cold-water shrimp, caught in the North Atlantic and northern Pacific, possess firmer meat and a sweeter flavor. They are usually sold cooked and peeled. Shrimp from the warm waters of the Gulf and South Atlantic grow larger than their cold-water cousins. **A general rule is that the colder the water, the smaller BUT more succulent the shrimp.**

"Farm" or "Pond Raised" vs. "Wild", Is There a Difference?

Roughly three quarters of the shrimp on the U.S. market is Warm Water "Farmed or Pond Raised" either in the U.S., Mexico or South East Asia. Farmed shrimp are generally larger, have a thinner shell and a tender, mildly sweet shrimp flavor. "Wild" shrimp are in shorter supply, but when made available, are smaller, sweeter, have a harder shell and a crisp flesh. While "connoisseurs" may prize "wild" caught shrimp for their taste and texture they can only be truly appreciated when eaten on their own. Recipes containing shrimp as one of a number of other ingredients or in dishes seasoned with garlic, herbs or sauces would be better suited to farm raised shrimp as the flavor of their "wild" cousins, would never be noticed or appreciated.

Is Shrimp Good For Me?

A 3 ounce serving of shrimp has about 80 calories and one gram of fat per serving. Shrimp is low-fat and lean, and although high in LDH cholesterol, numerous studies have reinforced the claim that a diet including high levels of shrimp did not adversely effect the lipoprotein profile in people with normal blood cholesterol levels. One way to consider shrimps cholesterol impact is to use Cholesterol – Saturated Fat Index or CSI. The CSI takes into account varying amounts of both saturated fat and cholesterol in a food; the lower the CSI, the less likely that food is to contribute to high blood cholesterol. The CSI for shrimp is 6, the same as skinless chicken or turkey and lower than all red meats, eggs or cheeses.

The most healthful ways to prepare shellfish include steaming, boiling, grilling, broiling, poaching and baking. The ideal is to add little or no butter, margarine, oil or shortening in cooking. Instead, enjoy the natural taste of shellfish or enhance them with lemon or lime juice, herbs, spices or marinades.

Why Some Folks "Large Shrimp" Aren't Always Large. or ... How to Avoid the Name Game...

There's no hard and fast rule on sizes (**See Below**) but those in the shrimp business generally are pretty close in their estimates of what constitutes named sizes such as colossal, jumbo, large, medium, small, and popcorn size shrimp. Although names are often used, ***there is no official guideline on what those names signify.*** If a name is used, particularly at retail, it should be accompanied by the number of shrimp per pound, ***i.e., the count per pound.*** **This number system is most accurate!** Finally, although the different types and sizes of shrimp will give you slight differences in taste and flavor, they can usually be substituted for one another.

Is Bigger Better?

What Types of Shrimp Are Best For Each Dish?

Larger shrimp may cost more per pound, but they generally taste no better than their smaller counterparts. In fact, the opposite is most often true. Smaller shrimp are also more tender. If cost is an added issue, which size shrimp to buy for a dish can become a financial as well as a culinary decision. Will medium do just as well as jumbo? And when are the very smallest shrimp a good decision? Keep in mind as you make your decision, that the smaller shrimp, although flavorful and tender, are more labor intensive to clean, and make less of a visually impressive presentation (when that matters). Also, there are some cooking methods where "size does matter", grilling for instance.

To get good idea of which shrimp you can use for your dish, see our chart below.

Last but not least, consistency is another important consideration. No matter the count, each shrimp should be uniform in size to each other. If you pay the jumbo price, they should all be in the Jumbo size range.



SHRIMP SIZE NAMES (MOST COMMON BOLDED)	Count Per LB	Recipe Uses
Extra or (Super) COLOSSAL	Under 6	Grilling, Stuffing, Pan Frying, Broiling
Colossal, JUMBO	Under 15	Grilling, Stuffing, Pan Frying, Broiling
Extra Jumbo, JUMBO , Extra Large	16 to 20	Grilling, Pan Frying, Broiling, Shrimp Cocktail
Jumbo, LARGE	21 to 25	Grilling, Steaming, Broiling, Shrimp Cocktail
Extra Large, LARGE	26 to 30	Grilling, Steaming, Broiling, Shrimp Cocktail
Large, MEDIUM LARGE , Medium	31 to 35	Stir Fry, Broiling, Steaming, Shrimp Cocktail
Medium Large, MEDIUM , Small	36 to 40	Stir Fry, Broiling, Steaming, Peel n' Eats
MEDIUM , Small	41 to 50	Stir Fry, Broiling, Steaming, Peel n' Eats
SMALL	51 to 60	In Pasta Dishes, Casseroles & Salads
SMALL , Extra Small	61 to 70	In Pasta Dishes, Casseroles & Salads
POPCORN SHRIMP	100 to 250	In Pasta Dishes, Casseroles & Salads
SALAD SHRIMP , Miniature Shrimp	150 to 300	In Pasta Dishes, Casseroles & Salads