



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release ON RECEIPT

SHRIMP ALWAYS IN THE MARKET

Shrimp—available the year 'round, either fresh or canned—are an appetizing food for inclusion in most menus, and an excellent source of high quality protein and essential minerals, including iodine.

Although these crustacea are found in waters of all the coastal States from Maine to Texas and from California to Alaska, "the heart of shrimp land" is in the Gulf of Mexico and the Atlantic Coast from Cape Hatteras southward. The common shrimp, Penaeus setiferus, ranks first in value among the fisheries of the South, and usually holds fifth or sixth place in value among all the fisheries of the United States and Alaska, according to the Fish and Wildlife Service, United States Department of the Interior.

During recent years, a small seasonal fishery for the northern shrimp has grown up in the Gulf of Maine. In San Francisco, California, between one and three million pounds of shrimp are taken annually; the major portion of which is dried for export to the Orient.

Since 1915 a commercial shrimp fishery has existed in Southeastern Alaska. The shrimp of Alaska, however, differ in species from the common shrimp of the South Atlantic and Gulf, and are much smaller in size. They

are chiefly cooked and shipped in ice to the western markets. Visitors along the waterfront in Seattle may see these little shrimp boiled in their shells, sold from stands in small paper bags. Frequenters of the waterfront buy these, shelling and eating them as they walk along--just as peanuts would be eaten elsewhere.

The more important ways of marketing shrimp are as fresh headless, canned, sun-dried, fresh and frozen packaged, fresh cooked, pickled, and as meal and bran. Few people in inland sections of the country have ever seen a whole shrimp, for usually only the "tail", or abdomen, is marketed. The whole shrimp looks much like a tiny lobster or crayfish. In nature the animal is pale green or light gray and rather transparent. As in most other shellfish, the bright red color develops on cooking.

It is estimated that approximately one-half of the shrimp catch is utilized in canning. All shrimp canned by members of the Shrimp Cannery National Advertising Association are officially inspected by the U.S. Food and Drug Administration which maintains a corps of inspectors to examine the raw shrimp before peeling, to check the processing time and the sanitary condition of the plants. By subscribing to this inspection service, the canners are permitted to label their packages in accordance with the provisions of the U.S. Food and Drug Administration.

Fresh uncooked and cooked shrimp are sold by the pound with the heads removed. The uncooked shrimp should be firm-fleshed and grayish green in color. To prepare, wash shrimp and cover with boiling salted water, usually with soup greens added to it, or put in boiling Court Bouillon. Simmer 10 to 15 minutes or until shells turn pink. Cool in the cooking

water, remove shells and black line down the back. One pound of fresh shrimp yields 2 cups of cooked shrimp. According to the U. S. Regional Cook Book, "professional seasoning is caraway, though many people use mixed whole spices, including pepper." Use 1 teaspoon per pound of shrimp. Tie in cheesecloth and add to cooking water. Allow $1\frac{1}{2}$ pounds of shrimp for 6 servings.

"A colorful shrimp cocktail will give a party touch to any meal", say the fish cookery experts of the Fish and Wildlife Service, "particularly so if either of the following recipes is used:"

Shrimp Cocktail

$1\frac{1}{2}$ cups cooked shrimp	1 tsp. chopped chives
1/4 cup tomato catchup	1/2 tsp. chopped parsley
1/4 cup chili sauce	1/2 cup cooking sherry
1/4 cup lemon juice	1 tsp. grated horseradish
6 drops Tabasco sauce	

If fresh shrimp are used, boil, clean and refrigerate. Combine remaining ingredients for cocktail sauce and place in refrigerator. At serving time, fill cocktail glasses with shrimp and cover with cocktail sauce, allowing 1 to 2 tablespoons sauce for each serving. Serves 4. The sherry may be omitted, if desired.

Shrimp Avocado Cocktail

1 cup cooked shrimp	1 cup diced avocado
---------------------	---------------------

Serve with Mobile Cocktail Sauce, made as follows:

4 tbsps. mayonnaise	2 tbsps. minced green
4 tbsps. catchup	pepper
2 tbsps. minced fresh tomatoes	2 tbsps. chili sauce

Combine ingredients in the order listed, and chill. Arrange shrimp and avocado in cocktail glasses. Pour sauce over each cocktail when ready to serve. Makes 6 portions.

In addition to the above recipes, the U. S. Regional Cook Book has this excellent suggestion to offer: "A very attractive way to serve fish cocktails is to freeze cubes of seasoned tomato juice until the outside has formed, then pour out all the remaining liquid and put back into the freezing compartment. At

serving time, place the hollow ice cups in center of cocktail glass and fill the cup with cocktail sauce. Place shrimp or other sea food around the ice cup."

Green Bean and Shrimp Curry

1 No. 2 can whole string beans	2 tsps. curry
1 5 or 5-3/4-oz. can shrimp	powder
2 tbsps. butter	1 tsp. salt
2 small onions, chopped	1/4 tsp. pepper
2 tbsps. flour	1 cup water

Drain beans reserving liquor; clean shrimp; melt butter in saucepan, add onion, cook slowly until browned; take from fire, add flour; stir until well blended. Add curry powder, salt and pepper, and then bean liquor and water. Cook until slightly thickened, stirring constantly. Add beans, mix well, cook for 3 minutes. When ready to serve add shrimp; serve with rice. Serves 5 to 6. (Canned Fish Recipes--American Can Company)

Baked Potato Stuffed with Shrimp

1 5 or 5-3/4-oz. can shrimp	1/2 cup milk
2 large baked potatoes	1 tsp. minced onion
1 tbsp. butter	1 tbsp. finely chopped
1/4 tsp. salt, dash pepper	parsley

Clean shrimp. Cut hot baked potatoes in halves, lengthwise, scoop out insides, mash, add butter, salt, pepper and milk, beat well. Add onion, parsley and shrimp, refill shells. Bake in a hot oven at 450 degrees F. 5 to 8 minutes until lightly browned. Serves 4.

(Canned Fish Recipes--American Can Company)

Shrimp and Grapefruit Salad

1 5 or 5-3/4-oz. can shrimp	1 3-oz. package cream
5-6 pieces crisp celery	cheese
1 No. 2 can grapefruit, chilled	2 tbsps. mayonnaise
	Lettuce

French dressing

Clean shrimp, cut in small pieces. Drain grapefruit from juice. Mash cheese, add mayonnaise, cream together, add shrimp, mix well. Pack grooves of celery tightly with mixture, cut in 3/4 inch slices, arrange on crisp lettuce leaves with grapefruit segments. Sprinkle with French dressing. Serves 5 to 6. Stuffed celery may be used as hors d'oeuvres.

(Canned Fish Recipes--American Can Company)

French-Fried Shrimp

1½ green shrimp	Salt and pepper
2 beaten eggs	Sifted cracker crumbs
Juice of 2 lemons	Cooking oil or fat

Peel shrimp, wash, and remove sand vein. Place them in a bowl with lemon juice, salt and pepper, and allow to stand for 15 minutes. Heat cooking oil to 380-400 degrees F. Dip shrimp into the beaten egg and then roll in crumbs. Place a single layer into a well oiled frying basket and cook for 3 minutes.

(Practical Fish Cookery)

Shrimp Creole

Brown 1 sliced onion, and 4 stalks of celery, which have been chopped, in 1 tablespoon of shortening. Add to this 3 tablespoons of flour, 1 small can of tomatoes, and 1 can of cooked shrimp. Season with salt and pepper to taste. Cook until the gravy thickens and the shrimps are heated through. This may be served on a bed of boiled rice, on rice moulded into cones or in a ring surrounded by shrimp creole. (40-Fathom Favorite Recipes)

Baked Avocados Stuffed with Shrimp

3 large avocados	1½ cups milk
3 tbsps. lemon juice	1/2 cup cooked sliced celery
1 tsp. salt	1/2 cup minced pimiento
4 tbsps. butter	1 cup boiled shrimp
6 tbsps. flour	2/3 cup grated American cheese
1/8 tsp. pepper	

Cut avocados lengthwise into halves and peel. Sprinkle with lemon juice and 1/2 tsp. salt. Melt butter, blend in flour, add remaining salt, pepper and milk; cook until thickened, stirring constantly; add celery, pimiento and shrimp. Fill avocados with shrimp mixture and cover with grated cheese. Place in baking pan, pour in water to depth of 1/2 inch and bake in moderate oven (350 degrees F.) 15 minutes. Serves 6.

(250 Fish and Sea Food Recipes--Culinary Arts Institute)

Shrimps--Oriental

Boil or bake 2 medium-sized eggplants till soft enough to scoop out pulp. Chop pulp. Add to it the crumbs from 4 slices soft bread, 1 small onion minced, 3 tbsps. tomato juice, 1 cup chopped shrimp, 1/2 tsp. salt, dash pepper and 1/2 cup hot milk. Pile mixture into eggplant skins or greased baking dish. Top with crumbs. Bake 30 minutes in moderate oven.

(160 Easy-to-Prepare Seafood Recipes)

#