

## Seafood Safe Handling Tips

- When shopping, purchase seafood last and keep it cold during the trip home.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot, soapy water.
- Marinate seafood in the refrigerator and discard any used marinade to avoid bacteria from raw juices. For basting, reserve a portion before adding raw seafood.

## Buying and Storing Tips

- Shrimp should have a fresh sea breeze aroma, firm flesh, tightly adhering shells and no discoloration.
- Store fresh shrimp in the coldest part of refrigerator at 32 degrees for up to two days.
- Rock shrimp are available raw, fresh or individually quick frozen (IQF), whole or headless with shell-on, split and deveined or fully peeled.
- To freeze, wrap shrimp tightly to prevent freezer burn; date the package and store at 0 degrees for up to six months.
- Thaw in the refrigerator or under cold running water.

## How Much to Buy

Rock shrimp is sold by “count” (number of shrimp per pound) with the largest size about 21-25 per pound. Two pounds of raw tails will yield one pound of cooked, peeled and deveined rock shrimp.

## Cooking Tips

- Rock shrimp cook much faster than regular shrimp, for example if you place them in rapidly boiling water they will cook in 45 seconds.
- Rock shrimp have a “sweet flavor” and can change the taste and cooking time of a recipe intended for regular shrimp.

# Rock Shrimp

Rock shrimp (*Sicyonia brevirostris*) is a deep-water cousin of the wild pink, brown and white shrimp. Rock shrimp is named for the tough, rock-hard shell which resembles a miniature lobster tail. Similar to deep-sea lobster, rock shrimp lives, spawns and is harvested in 120 to 240 feet of water off Florida's Atlantic coast and in some areas of the Gulf of Mexico. It is harvested year-round using reinforced trawl nets.

Florida wild-caught shrimp are harvested from the natural marine environment of the waters of Florida. They are 100% natural, 100% flavorful and 100% premium quality. Florida shrimp are harvested under strict environmental regulations and inspection standards to ensure the highest quality product for the consumer. In Florida, shrimp are harvested with trawls (cone-shaped nets) towed along the bottom in waters near shore. Turtle excluder devices (TEDS) and by-catch reduction devices (BRDS) are used to minimize the capture of marine turtles and fish.

Nutritional Value Per Serving: For approximately 4 ounces (114 grams) of raw, edible portions: Calories 110, Calories From Fat 10, Total Fat 1g, Saturated Fat .5g, Trans Fatty Acid 0g, Cholesterol 140mg, Sodium 380mg, Total Carbohydrates 0g, Protein 21g, Omega 3 Fatty Acid 0g.

Mislabeling seafood is illegal. If you believe a seafood product purchased from a supermarket seafood counter or a seafood retail store is mislabeled, please contact the Florida Department of Agriculture and Consumer Services at (850) 617-7280.

Always ask for Florida seafood and look for the “Fresh From Florida” logo.

[FreshFromFlorida.com/Seafood](http://FreshFromFlorida.com/Seafood)

# Seafood Recipes



## Rock Shrimp



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## Beer-Battered Florida Rock Shrimp with Honey Mustard

### Ingredients

- 6 Tablespoons honey
- ¼ Cup Dijon mustard
- ¼ Teaspoon hot pepper sauce
- 1 Cup all-purpose flour
- 2 Teaspoons cayenne
- 2 Teaspoons salt
- ½ Teaspoon baking powder
- 8 Ounces beer, room temperature
- 1 ½ Pounds rock shrimp, peeled and deveined
- ¼ Cup all-purpose flour
- Canola oil for frying
- Lemon wedges for garnish

### Preparation

Combine honey, mustard and pepper sauce in a small bowl and set aside. Stir together flour, cayenne, salt and baking powder in a medium bowl. Add beer and whisk until smooth.

Set aside to rest uncovered for an hour. Heat oil in a deep fryer to 350 degrees. Dust shrimp with flour then dip shrimp in batter thoroughly coating shrimp.

Fry 2 to 3 minutes until crisp and golden. Remove shrimp with a slotted spoon and drain on paper towels. Serve immediately with lemon wedges and honey mustard sauce.

### Yield

4 servings



## Mrs. T's Florida Rock Shrimp Salad

### Ingredients

- 2 ½ Pounds rock shrimp, peeled
- 1 Teaspoon seasoned salt
- 1 Tablespoon lemon juice
- ½ Cup celery, diced
- ½ Cup sweet pickle relish
- ½ Cup mayonnaise
- ½ Teaspoon celery salt
- ½ Teaspoon dill weed
- ½ Teaspoon lemon pepper
- Paprika
- Fresh parsley, chopped

### Preparation

In a large pot, bring 4 quarts of water to a boil; add shrimp, seasoned salt and lemon juice. Cover and cook 3 to 5 minutes until shrimp are firm and pink. Drain shrimp and cool. In a large bowl, combine shrimp, chopped celery, sweet pickle relish and mayonnaise. Flavor mixture with celery salt, dill weed and lemon pepper to taste. Sprinkle parsley and paprika on top if desired.

### Yield

4-6 servings



## Mango Sweet and Sour Florida Rock Shrimp

### Ingredients

- 2 Pounds rock shrimp, peeled
- ½ Cup catsup
- ½ Cup orange marmalade
- 3 Tablespoons red wine vinegar
- 1 Tablespoon soy sauce
- 1 Tablespoon lemon juice
- 2 Teaspoons Dijon mustard
- 1 Teaspoon prepared horseradish
- ¼ Teaspoon curry powder
- 1 Cup mango, diced

### Preparation

Add shrimp to boiling water and cook for 2 minutes; drain well and set aside. Combine remaining ingredients in a saucepan; heat until bubbling. Stir in cooked shrimp and serve.

### Yield

6 servings