

About Northern Shrimp (*Pandalus Borealis*)

The Northern Shrimp (*Pandalus Borealis*) fishery is healthy and fisheries managers set the total allowable catch for each season which typically starts in December.

Northern Shrimp is one of the many species of wild shrimp available in North America where majority of the shrimp consumed is imported farmed shrimp raised under highly questionable conditions. Reports of pesticides use, antibiotics, yield promoters and other chemicals are constant. There are even reports of child labor violations in some countries.

The Northern shrimp, is a heavenly gourmet treat from the deep and available right at home. To make sure every savory bit is in top palate-pleasing form, we suggest you follow these simple, but important rules:

Northern shrimp meat should be placed in a small amount of boiling water, having added salt to taste and $\frac{1}{4}$ teaspoon of vinegar or lemon juice per pound. Stir briskly once. Cook for 45 seconds to a minute. Drain immediately, rinsing very well with cold water. From these basic preparations you can add your own personal touch, or try a few of the taste-tested recipes from this brochure.



Northwest Atlantic Marine Alliance

Recipes: Northern Shrimp



Northwest Atlantic Marine Alliance

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Northern Shrimp

Shrimp Newburg

- 2 cups cooked Northern shrimp meat
- 1/4 cup butter or margarine
- 2 1/2 tablespoons flour
- 3/4 teaspoon salt
- 2 to 3 tablespoons sherry
- Dash cayenne
- Dash nutmeg
- 1 pint cream
- 2 egg yolks, beaten
- Toast points or pastry shells

Melt butter, blend in flour and seasonings. Add cream and sherry gradually and cook until thickened and smooth, stirring constantly. Stir a little of the hot sauce into slightly beaten egg yolks, then add to sauce stirring constantly. Add shrimp and let heat. Serve immediately on toast points or home made pastry shell.



Homemade Pastry Shells

Cut rounds of rich pie pastry and shape over inverted Pyrex custard cups, pinch pasty in 4 or 5 places so it fits the cups. Prick the dough with a fork. Place cups on a cookie sheet and bake 10-12 minutes at 450' or until delicately browned.

Baked Shrimp

- 2 cups shrimp meat
- 2 eggs
- 1/4 cup water
- Salt and pepper
- 2 cups cornflake crumbs
- Oil

Dry shrimp on paper towels. Dip into crumbs, then eggs slightly beaten with water, then into crumbs again. Place on well oiled baking pan so they do not touch, sprinkle with salt & pepper. Turn over with a spatula so that both sides will be oiled. Bake at 450' for 6-8 minutes. Serve with your favorite sauce. NOTE: You may prefer broiled shrimp. Follow the same recipe but only cook 4 minutes, flipping the shrimp with a broad spatula once half way through.

Shrimp Stock

- 8 cups raw shrimp heads & shells
- 2 onions, peeled, halved and sliced
- 2 stalks celery, chopped
- 2 lemons, halved
- 8 bay leaves
- 1/2 cup chopped fresh parsley
- 1 tsp dried leaf basil
- 1 tsp dried leaf thyme
- 1 tsp dried leaf tarragon
- 1 tsp dried leaf oregano
- 3/4 tsp whole black peppercorns
- 2 tsp salt
- 4 quarts cool water

Rinse the shrimp heads and shells quickly under cold water, and place them in a stock-pot with the remaining ingredients. Bring to a boil over high heat. Reduce the heat to low and simmer for 10 minutes. Turn the heat up to medium and cook for 30 minutes. Allow to cool thoroughly, strain and refrigerate. Keeps for 1 month.

Maine Shrimp in Wine Sauce

- 1 pound cooked, peeled shrimp
- 3/4 cup chopped onion
- 3/4 cup sliced mushrooms
- 1/4 cup butter or margarine, melted
- 3 tablespoons flour
- 1 cup shrimp stock or chicken broth
- 1/2 cup sour cream
- 1/4 cup dry white wine
- Rice, toast points or pastry shells

Thaw frozen shrimp. Cook onions and mushrooms in butter until tender. Blend in flour. Stirring constantly, add stock or broth gradually and cook until thick. Add sour cream, wine and shrimp. Heat, stirring occasionally. Serve over hot fluffy rice, toast points or in pastry shells. Makes 6 servings.