

Shrimp Recipes

Composed Shrimp Salad with Lime Vinaigrette

Ingredients

- ¼ cup (50 mL) vegetable oil
- 2 tsp (10 mL) grated lime rind
- 3 tbsp (45 mL) lime juice
- 1 tsp (5 mL) EACH: chili powder and ground cumin
- ¼ cup (50 mL) finely chopped green onion
- 1 can (284 mL) [Clover Leaf Mandarin Orange Segments](#)
- 4-6 large Boston Lettuce leaves
- 1 cup (250 mL) thinly sliced seedless cucumber (about ¼ cucumber)
- 1 can (106 g) [Clover Leaf Medium Shrimp](#), drained



Preparation

1. Whisk oil, lime rind and juice, chili powder and cumin together in measuring cup; stir in onion and 2 tbsp/30 mL juice from mandarin oranges. Set aside.
2. Drain and discard remaining juice from mandarins.
3. Arrange lettuce leaves on individual serving plates; arrange cucumber slices around outside of lettuce leaves and mound shrimp and mandarins in middle.
4. Drizzle dressing over all. Makes 4 lunches or 6 appetizers.

Nutritional Information per serving: Calories 120, Fat 8g, Sodium 100mg, Carbohydrate 8g, Fibre 1g, Protein 4g.

Shrimp Spread

Ingredients

- 1 pkg (250 g) light cream cheese
- ¾ cup (175 mL) salsa
- 1 can (106 g) [Clover Leaf Small or Medium Shrimp](#), drained



Preparation

1. Cut the block of cream cheese in half horizontally; place the cheese slabs side by side or end to end on microwaveable serving plate. Microwave on low for approximately 2 minutes or until slightly softened.
2. Spread salsa over top, allowing it to run over sides of cheese.
3. Arrange shrimp on top, pressing into salsa.
4. Serve with crackers or tortilla chips. Serves 10

Nutritional Information per serving: Calories 60, Fat 3.5g, Sodium 200mg, Carbohydrate 2g, Fibre 0g, Protein 4g.

Hint: Stand the cold block of cheese on its end and slice in half with sharp knife.

Shrimp Recipes

Mandarin Shrimp Salad

Ingredients

1 can (284 mL) [Clover Leaf Whole Mandarin Orange Segments In Juice](#), drained (reserve juice)
 1 can (106 g) [Clover Leaf Small Shrimp](#), well rinsed
 ¼ lb (125 g) snow peas, cooked, cooled and halved
 Lettuce

Dressing recipe

6 tbsp (90 mL) Mandarin Orange juice
 ½ - 1 tsp (2 - 5 mL) dry mustard
 ½ tsp (2 mL) freshly ground black pepper
 pinch salt
 ½ cup (125 mL) vegetable oil



Preparation

1. Place oranges in a medium bowl with shrimp and snow peas.
2. Whisk together the juice, mustard, pepper and salt. Slowly, whisk in the oil. It will thicken.
3. Toss contents in the bowl with 4-6 tbsp (60 - 90 mL) of the dressing to moisten. Chill. Serves 2-3

Nutritional Information per serving: Calories 510, Fat 47g, Sodium 510mg, Carbohydrate 15g, Fibre 2g, Protein 10g.



Pesto Shrimp Spirals

Ingredients

2 cans (106 g each) [Clover Leaf Cocktail Medium Shrimp](#), drained
 ½ cup (125 mL) shredded Asiago cheese
 ¼ cup (50 mL) chopped prosciutto
 ¼ cup (50 mL) prepared basil pesto
 1 tbsp (15 mL) lemon juice
 1 lb (500 g) puff pastry, thawed and divided in half

Preparation

1. Preheat the oven to 425 F (220 C) .
2. Count out 36 shrimp and reserve. Place remaining shrimp, cheese, prosciutto, pesto and lemon juice in a food processor and pulse until combined, but still a little chunky; scrape down sides of the bowl as needed.
3. Roll the pastry into two, 10 x 14-in (25 x 35 cm) rectangles. Spread each portion evenly with the pesto mixture, leaving a 1-in (2.5 cm) border around the edge.
4. Starting at the short end, roll each rectangle into a tight pinwheel. Wrap each roll in parchment paper and place in freezer for 10 minutes before slicing.
5. Slice at 1/2-in (1 cm) intervals and place each portion, cut-side-down, on parchment-lined baking sheets. Place one shrimp in the centre of each spiral.
6. Bake for 15 to 16 minutes or until golden and crisp. (Can be made ahead and reheated just before serving.) Makes 36 pieces.

Nutritional Information per serving: Calories 80, Fat 5g, Sodium 170mg, Carbohydrate 5g, Fibre 0g, Protein 3g.

Shrimp Recipes

New Orleans Seafood

Ingredients

- 2 tsp (10 mL) vegetable oil
- 2 slices bacon,
- 1 onion, chopped
- 1 green pepper, chopped
- 2 cloves garlic, minced
- 2 tsp (10 mL) each cumin and chili powder
- ¼ tsp (1 mL) each hot pepper flakes, allspice, salt and pepper
- 1 cup (250 mL) long grain rice
- 1 ½ cups (375 mL) each low sodium chicken broth and tomato juice
- 2 tbsp (30 mL) lemon juice
- 1 can (106 g) [Clover Leaf Cocktail or Medium Shrimp](#), drained
- 1 can (85 g) [Cloverleaf Leaf Chopped Ocean Clams](#)
- 1 can (120 g) [Clover Leaf Chunk Crabmeat](#), drained
- 2 tbsp (30 mL) each chopped fresh parsley and green onions



Preparation

1. Heat the vegetable oil in a large skillet set over medium heat. Add the bacon, onion, green pepper, garlic, cumin, chili powder, hot pepper flakes, allspice, salt and pepper. Cook, stirring, for 5 minutes or until vegetables are tender and bacon is browned. Add the rice, stirring to coat with the spices. Stir in the chicken broth, tomato juice and lemon juice. Bring to a boil.
2. Cover and reduce the temperature to medium-low. Simmer, covered, for 15 minutes. Remove the cover and stir in the shrimp, clams and crab. Continue to cook, covered, for an additional 3 to 4 minutes or until the liquid is absorbed and the rice is tender. Stir in the parsley and green onion.

Makes 6 servings.

Nutritional Information per serving: Calories 130, Fat 3g, Sodium 590mg, Carbohydrate 16g, Fibre 2g, Protein 11g.

Shrimp Recipes

Cocktail Hour Shrimp Dip

Ingredients

1 can (106 g) [Clover Leaf Cocktail Shrimp](#), coarsely chopped
 1/3 cup (75 mL) sour cream
 1/3 cup (175 mL) mayonnaise or light mayonnaise
 ¼ cup (50 mL) minced celery
 2 tbsp (30mL) lemon juice
 2 tbsp (30 mL) minced green onion
 1 tbsp (15 mL) hot pepper sauce
 1 tbsp (15mL) cocktail sauce
 ¼ tbsp (1 mL) Worcestershire Sauce



Preparation

In a bowl, thoroughly blend Shrimp, sour cream, mayonnaise, celery, lemon juice, green onion, hot pepper sauce, cocktail sauce and Worcestershire sauce. Garnish as desired. Serve with assorted breads, crackers or fresh vegetables. Makes 1 ½ cups (375mL)

Nutritional Information per serving: Calories 90, Fat 9g, Sodium 135mg, Carbohydrate 1g, Fibre 0g, Protein 1g.

PRESENTATION TIP

This dip also makes an excellent sandwich filling



Shrimp Cocktail Sauce

Ingredients

1 1/3 cup (325 mL) ketchup
 2/3 cup (150 mL) chili sauce
 ½ tsp (2 mL) tabasco
 ¼ cup (50 mL) horseradish
 1/8 tsp (0.5 mL) pepper
 2 cans (106 g each) [Clover Leaf Medium Shrimp](#), drained and rinsed
 2 avocado, halved (optional)
 artichoke hearts (optional)

Preparation

1. Combine all ingredients and use as a seafood dip, or in avocado halves with artichoke hearts.

Makes 4 servings

Nutritional Information per serving: Calories 180, Fat 0.5g, Sodium 2430mg, Carbohydrate 35g, Fibre 1g, Protein 11g.

Shrimp Recipes

Easy Seafood Linguine

Ingredients

1 lb (454 g) linguine pasta
¼ cup (50 mL) olive oil
3 cloves garlic, finely chopped
¼ cup (50 mL) bread crumbs
½ tsp (2 mL) chili flakes
1 can (142 g) [Clover Leaf Baby Yellow Clams](#),
undrained
1 can (106 g) [Clover Leaf Medium Shrimp](#),
drained
1 can (133 g) [Clover Leaf Pacific Oysters](#), drained
¼ cup (50 mL) white wine (or pasta water if
preferred)
½ cup (125 mL) coarsely chopped parsley
cracked black pepper
additional bread crumbs



Preparation

Cook the pasta in a large pot of boiling water until al dente. Drain and keep warm.

While the pasta is cooking, heat the olive oil in a frying pan and sauté the garlic for 3-4 minutes. Add bread crumbs and chili flakes; cook for 1 minute. Add Clover Leaf Baby Yellow Clams with liquid, Medium Shrimp, Pacific Oysters and white wine; cook for another 2-3 minutes. Toss the seafood mixture with the pasta; add the parsley and season with pepper to taste. Garnish with bread crumbs. Serve immediately.

Makes 4-6 servings.

Nutritional Information per serving: Calories 510, Fat 13g, Sodium 370mg, Carbohydrate 71g, Fibre 3g, Protein 25g.

PRESENTATION TIP

Try serving small portions as an appetizer.

Shrimp Recipes

Curried Shrimp Devilled Eggs

Ingredients

- 12 eggs
- 1 can (106 g) [Clover Leaf Cocktail Shrimp](#), divided
- ¼ cup (50 mL) each light mayonnaise and light sour cream
- 2 tbsp (30 mL) finely chopped coriander or green onion (approx.)
- 2 tsp (10 mL) each mild curry paste and mango chutney

Preparation

1. Place the eggs in a medium saucepan, cover with water and set over high heat. Bring the water to a boil; cover and remove from heat. Let stand, covered, for 12 minutes. Carefully drain and rinse eggs under cold, running water to stop cooking; peel eggs.
2. Cut each egg in half lengthwise and spoon yolks into a separate bowl. Count 24 shrimp from the can and set aside. Chop the remaining shrimp. Use an electric mixer to blend the yolks with the mayonnaise, sour cream, coriander, curry paste and chutney until light and smooth. Fold in the chopped shrimp.
3. Spoon an equal amount of egg yolk mixture back into each egg white. Garnish with a reserved shrimp. Sprinkle with a little extra chopped coriander (if preferred) . Makes 12 servings.

Nutritional Information per serving: Calories 100, Fat 6g, Sodium 160mg, Carbohydrate 2g, Fibre 0g, Protein 8g.

Hint:

1. For an elegant presentation, use a piping bag fitted with a star tip to fill the eggs whites.
2. For a modern presentation, slice a thin piece off each end of the eggs to make a flat surface and then cut the eggs in half widthwise. Place the whites down on the flat side so they stand like cups.

