

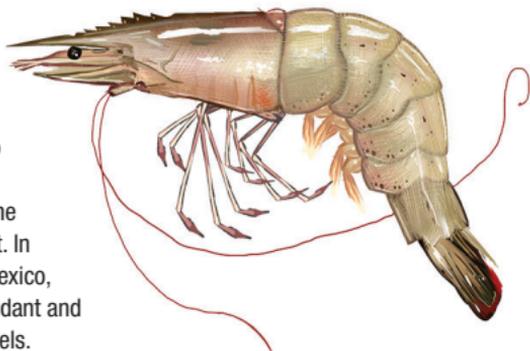


FISHWATCH

FRESH FACTS. SMART SEAFOOD.

WHITE SHRIMP

Shrimp are an “annual crop”—most shrimp do not survive longer than 2 years. As long as environmental conditions are favorable, shrimp are very productive and can rebound from low abundance one year to high abundance the next. In the South Atlantic and Gulf of Mexico, white shrimp are currently abundant and are harvested at sustainable levels.



Shrimp trawlers must use bycatch reduction devices, which are designed to retain shrimp and allow fish to exit. They must also comply with federal sea turtle conservation requirements, including using Turtle Excluder Devices, a grid of bars with an opening at either the top or bottom of the trawl net that allows larger animals, such as turtles, to escape.

Shrimp is low in saturated fat and is a very good source of protein, selenium, and vitamin B12.

Prized for their sweet, tender meat and easy-to-peel shells, white shrimp are caught year-round, with peaks in the fall. Nearly 90 percent of the white shrimp harvested in the United States comes from the Gulf, mainly from Louisiana and Texas.

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POWERED BY TRAKOR

SALT AND PEPPER GULF SHRIMP

Ingredients:

8 head-on shrimp (body peeled)
½ cup corn starch
½ cup flour
2 cloves garlic (thinly sliced)
½ teaspoon cayenne pepper
2 green onions (sliced thin)
16 ounces corn oil
6 ounces of NOLA BBQ Sauce
Pinch of salt

Combine flour, salt and corn starch. Toss shrimp in flour mixture. Heat oil in heavy sauce pot to 350 degrees. Fry shrimp in oil for 2–3 minutes. Remove from oil and allow to drain on dry paper towel. Toss cooked shrimp with cayenne, garlic, green onions and white barbecue sauce.



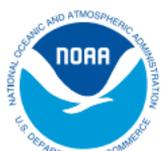
NOLA BBQ Sauce

6 ounces white Worcestershire sauce
16 ounces Abita SOS beer
1 ounce hot sauce
2 cloves garlic (minced)
1 ounce rosemary (chopped fine)
4 ounces heavy cream
4 ounces butter
1 tablespoon black pepper
½ ounce oil
Salt to taste

Heat oil in sauce pan, on medium heat. Add garlic and sauté for 1 minute. Add beer, allow to reduce by ½. Add Worcestershire, cream and hot sauce. Cook for 2 minutes on medium heat. Slowly stir in the butter then add rosemary and pepper. Season with salt to taste.

Recipe credit: Chef Christopher Lusk, Café Adelaide, Louisiana chef, 2010 Great American Seafood Cook-off

FishWatch is a consumer education product of NOAA Fisheries.



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