

Black Tiger Shrimp (Penaeus Monodon)



COMMON NAMES

Black Tiger, Giant Tiger, Jumbo Tiger Shrimp

SEASONAL AVAILABILITY

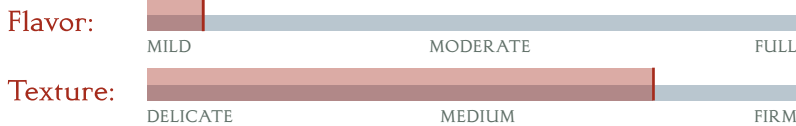
Year-Round

PRIMARY PRODUCT FORMS

Frozen: Whole, Blocks, IQF, Split, Butterfly, Fantail, Pieces

Value-Added: Breaded, Canned (small shrimp), Dried, Entrees

PRODUCT PROFILE



COOKING TIPS

Large tiger shrimp tails make excellent hors d'oeuvres, such as shrimp cocktail or grilled shrimp on skewers. They're also good with pasta or in casseroles, because they can withstand tossing with other ingredients. Because their thick shells hold heat, black tigers cook more quickly than the other varieties of shrimp or prawns, and they toughen if overcooked. Once thawed, they will last three to four days when properly refrigerated, but are best when eaten within two days of thawing.

COOKING METHODS

- | | | |
|---|---|---|
| <input type="checkbox"/> BAKE | <input checked="" type="checkbox"/> GRILL | <input type="checkbox"/> SMOKE |
| <input checked="" type="checkbox"/> BROIL | <input type="checkbox"/> POACH | <input checked="" type="checkbox"/> STEAM |
| <input type="checkbox"/> FRY | <input checked="" type="checkbox"/> SAUTÉ | <input checked="" type="checkbox"/> BOIL |

DID YOU KNOW...

Most tiger shrimp is farmed, though a significant amount is harvested from the wild by trawlers. While black tiger shrimp is available year-round, farmed shrimp peaks in February and September. A native of warm, tropical waters, the tiger grows exceptionally quickly; these shrimp can reach up to 13 inches in length, but harvest sizes typically average 9 to 11 inches long.

GLOBAL SUPPLY



NUTRITIONAL FACTS

Serving size: 100 g/3.5 oz (raw)
AMOUNT PER SERVING

Calories	95
Fat Calories	56
Total Fat	0.6 g
Saturated Fat	n/a
Cholesterol	n/a
Sodium	185 mg
Protein	19.2 g
Omega-3	n/a

If it swims we have it.

SEATTLE FISH CO^{EST. 1996}

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