

Gulf Shrimp (Penaeus Spp.)



COMMON NAMES

Gulf Shrimp; Pinks (*P. Duorarum*), Northern Pinks, "Hoppers," "Skippers"; Browns (*P. Aztecus*), Northern Browns, "Redtails"; Whites (*P. Setiferus*), Gulf Whites, Northern Whites, Mexican Whites

SEASONAL AVAILABILITY

Year-Round

PRIMARY PRODUCT FORMS

Fresh: Tails (raw or cooked)

Frozen: Whole (raw or cooked), Tails (cooked), Blocks, IQF

Value-Added: Butterflied, Breaded

PRODUCT PROFILE

Flavor:

Texture:

COOKING TIPS

Few seafood items are enjoyed by as many people and in as many ways as Gulf shrimp. Flavorful and firm, Gulf shrimp can be breaded, stuffed, boiled with spices, sautéed or barbecued. The greatest danger in preparing shrimp is overcooking, which toughens the meat. Always be aware of cooking time; shrimp cooks in just 60 to 90 seconds at a rapid boil. When the meat turns opaque, it's ready to serve!

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...

Gulf shrimp varieties include brown, white and pink shrimp. Although their name suggests they come exclusively from the Gulf of Mexico, they are also found as far north as Maryland and along the southeastern coast. Pink shrimp are the largest Gulf species, reaching 11 inches in length, while whites grow up to 8 inches long. Brown shrimp are concentrated off the Texas/Louisiana coast; males reach 7 inches in length, while females grow up to 9 inches long.

GLOBAL SUPPLY



NUTRITIONAL FACTS

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

Calories	106
Fat Calories	15.3
Total Fat	1.7 g
Saturated Fat	0.3 g
Cholesterol	152 mg
Sodium	148 mg
Protein	20.3 g
Omega-3	0.53 g

If it swims we have it.

SEATTLE FISH CO^{EST. 1996}

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