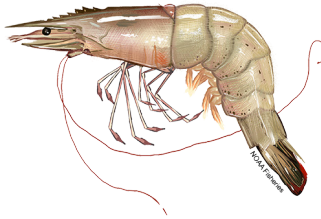




FISHWATCH FRESH FACTS.
SMART SEAFOOD.

WHITE SHRIMP



U.S. wild-caught white shrimp is a smart seafood choice because it is sustainably managed and responsibly harvested under U.S. regulations. 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.

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 85 percent of the white shrimp harvested in the United States comes from the Gulf of Mexico, mainly from Louisiana and Texas.

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Salt and Pepper Gulf Shrimp

Ingredients:

NOLA BBQ Sauce

- 6 ounces white Worcestershire sauce
- 16 ounces Abita SOS beer, or another similar wheat pilsner
- 1 ounce hot sauce
- 2 cloves garlic, minced
- 1 ounce rosemary, finely chopped
- 4 ounces heavy cream
- 4 ounces butter
- 1 tablespoon black pepper
- ½ ounce oil
- Salt to taste



Shrimp

- 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

1. To make NOLA BBQ Sauce, heat oil in a saucepan, 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.
2. Combine flour, salt and cornstarch. Toss shrimp in the flour mixture.
3. Heat oil in a heavy sauce pot to 350°F. Fry shrimp in oil for 2 to 3 minutes. Remove from oil and allow to drain on a dry paper towel.
4. Toss cooked shrimp with cayenne, garlic, green onions and NOLA BBQ sauce.

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

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