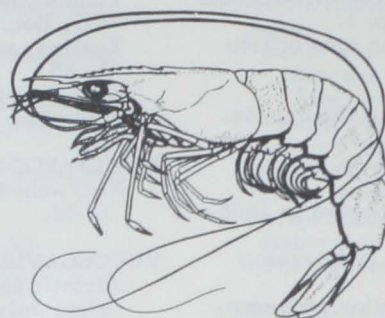


FOOD FISH FACTS



SHRIMP

Shrimp have long been considered the most popular shellfish in the United States. This is not surprising because shrimp have a distinctive flavor, and the pink-white, cooked meat is tender, delicate, and delicious. Shrimp may be prepared in hundreds of versatile ways. There are three main varieties of shrimp harvested in the United States: the Northern shrimp, found in the offshore waters of Maine and Massachusetts; the tiny, North Pacific shrimp, found along the coastlines of California, Oregon, Washington, and Alaska; and Southern shrimp, taken from waters of the Gulf and South Atlantic states.

DESCRIPTION

The shrimp is a ten-legged crustacean that acquired its name because of its relatively small size. The word shrimp was derived from the middle English word "shrimpe" meaning puny person and the Swedish "skrympa" meaning to shrink. Like other crustaceans, the shrimp wears its skeleton on the outside of the body and, in order to grow, casts off its shell and replaces it with a new one. Shrimp swim forward usually but when frightened the shrimp, with a flip of the abdomen, can propel itself backward with great speed.

There are three species of Southern shrimp which are commercially important and all three are members of one family Penaeidae. They are the common or white shrimp, the brown shrimp, and the pink or brown-spotted shrimp. The tiny, North Pacific shrimp and the Northern shrimp are the same species *Pandalus borealis*. Another species, *Pandalus jordani*, also called North Pacific shrimp, is landed in Washington, Oregon, and California. Of these three varieties, Southern shrimp are usually the largest and the North Pacific shrimp are the smallest.

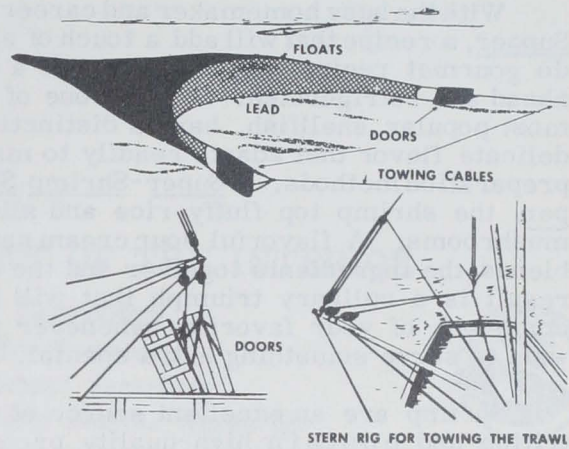
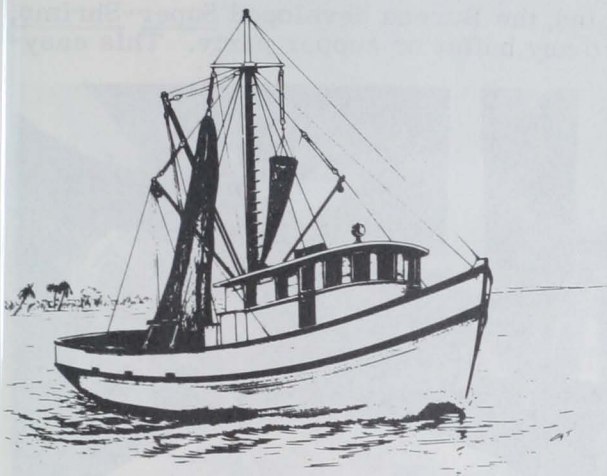
SHRIMP FISHING

Most shrimp are caught with otter trawlers or "draggers" which drag or tow a large, flattened cone of nylon netting called an otter trawl. As the net moves along the bottom the shrimp are swept into the mouth of the net.

MANAGEMENT AND CONSERVATION

The Bureau of Commercial Fisheries research vessels have made extensive systematic surveys and, in the process, have discovered new shrimp fishing grounds. Because of a decline in the number of shrimp available in some areas, the research vessels also study population shifts, the effects of seasonal changes, longevity of shrimp, food availability, and other pertinent data concerning conservation. Studies are also being made on the possibilities of shrimp farming.

(Continued following page.)



MANAGEMENT AND CONSERVATION (Contd.)

One of the initial shrimp farming experiments already underway by industry is on a five-acre site at St. Andrews Bay, Florida. Under controlled conditions, technicians are breeding, hatching eggs, and growing shrimp to commercial size. Before farming begins each area must be cleared of predatory fish which would eat the young shrimp. After clearing, the farming area is closed off by nets. Temperature and salinity of the water is carefully controlled and special diets are being studied for the newly-hatched shrimp. Early results indicate that shrimp farming may result in a much greater abundance of shrimp than is now possible through survival in natural surroundings. Another important possibility with shrimp farming is the replenishment of the natural shrimp supply.

USES OF SHRIMP

Shrimp are an excellent source of high-quality protein, vitamins, and minerals. They are low in fat and calorie content and are easily digested. The edible part of the shrimp is the tail section. Raw shrimp are often referred to as "green shrimp" at the retail level. Although raw shrimp vary in color, the cooked product is pink-white and the flavor and nutritional values are the same. Shrimp are usually sold according to size and are often referred to as jumbo, large, medium, and small. Shrimp are available in most areas of the United States either raw or cooked, peeled or unpeeled, and fresh or frozen. Peeled meats of shrimp, individually quick frozen, may be bought in poly-bags or rigid plastic containers in a variety of sizes and weights. Shrimp may also be bought by the pound or in convenient, shelf-ready cans. Regardless of size and variety, all shrimp may be used interchangeably in most recipes. (Source: National Marketing Services Office, BCF, U.S. Dept. of the Interior, 100 East Ohio, Room 526, Chicago, Ill. 60611.)

SUPPER IS SIMPLY SUPER WITH SHRIMP

With the busy homemaker and career girl in mind, the Bureau developed Super-Shrimp Supper, a recipe that will add a touch of elegance to any buffet or supper party. This easy-do gourmet recipe may be prepared a day ahead and refrigerated. Shrimp, one of the most popular shellfish, have a distinctive, delicate flavor that adapts readily to many preparation methods. In Super-Shrimp Supper, the shrimp top fluffy rice and sliced mushrooms. A flavorful sour cream sauce blends the ingredients together and the end result is a culinary triumph that will become one of your favorites whenever you want to serve something extra special.

Shrimp are an excellent source of nutrition and contain high-quality protein, vitamins, and minerals. In addition, shrimp have a low-calorie content. Shrimp are sold according to size: Jumbo, large, medium, small, and tiny. Most seafood markets have shrimp in the following forms: raw or cooked, peeled or unpeeled, and fresh or frozen. Peeled meats of shrimp, individually quick frozen, may be bought in poly-bags or rigid containers in a variety of sizes and weights. Shrimp are also available in various sizes in convenient, shelf-ready cans.



SUPER-SHRIMP SUPPER

1½ pounds cooked, peeled, cleaned shrimp, fresh or frozen	2 tablespoons lemon juice
2 cups thinly sliced celery	2 teaspoons Worcestershire sauce
1 cup thinly sliced green pepper	½ teaspoon salt
1 cup thinly sliced onion	Dash pepper
¼ cup butter or margarine	1 quart cooked rice
¼ cup coarsely chopped pimiento	2 cans (4 ounces) sliced mushrooms, drained
1 pint sour cream	½ cup dry bread crumbs
1 cup light cream	2 tablespoons melted butter or margarine

Thaw frozen shrimp. Cook celery, green pepper, and onion in butter until partially cooked. Combine vegetables, shrimp, and pimiento. Mix sour cream, light cream, lemon juice, and seasonings. Combine ¾ cup cream mixture, rice, and mushrooms. Spread rice mixture evenly in a well-greased baking dish, 15 by 9 by 2 inches. Place shrimp mixture on top of rice. Pour remaining cream mixture over shrimp. Combine crumbs with remaining butter. Sprinkle over casserole. Bake in a moderate oven, 350° F., for 30 to 35 minutes. Makes 12 servings. This casserole may be prepared a day ahead and refrigerated. Allow about 30 minutes additional baking time.

For your copy of recipes on shrimp, oysters, or scallops send 45¢ to the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 and ask for Nautical Notions for Nibbling, Fishery Market Development Series No. 10. (Source: National Marketing Services Office, BCF, U.S. Department of the Interior, 100 East Ohio Street, Rm. 526, Chicago, Illinois 60611.)