

Shrimp (Fish & Seafood)

Interesting facts: It is the number one seafood eaten. The name for raw, uncooked shrimp is green. Every shrimp is born a male and then become a female. Shrimp are one of the most common food allergens. Also, they are forbidden in Jewish cuisine.

How to select: Always buy wild caught/ harvested; not farmed. Look for shrimp certified by an independent agency, such as Wild American Shrimp or the Marine Stewardship Council, which certifies that wild fisheries are well-managed and sustainable.

How to clean and store: Keep refrigerated in covered container for 1-2 days. To freeze, place shrimp in airtight plastic containers or heavy-duty freezer bags. Freezer time shown is for best quality only foods kept constantly frozen at 0° F will keep safe for 3-6 months.

How to prepare and cook: Sautéed, boiled

Sautéed: Melt 2 tablespoons butter in a large skillet over medium high heat. Add shrimp, salt and pepper, to taste. Add garlic to the skillet, and cook, stirring frequently, until fragrant, about 1 minute. Stir in cleaned shrimp (may leave the tail on) and gently toss to combine. Serve immediately, garnished with parsley leaves, if desired.

Boiled: Place cleaned shrimp into a pan of boiling water for 2-3 minutes until they turn pink. Remove with slotted spoon and add to sauces or cool for appetizers.