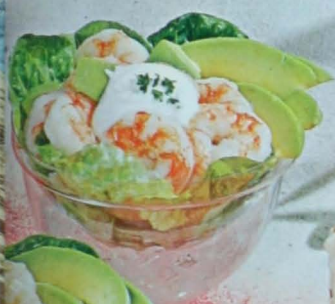


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Ways With Shrimp



FISHERY MARKET DEVELOPMENT SERIES NO. 2

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AMERICAN SHRIMP CANNERS ASSOCIATION



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'Can-venient' Ways With Shrimp

Can dandy shrimp . . . crisp from the sparkling waters of the Gulf . . . delightful . . . delicious . . . and deveined . . . the ultimate in 'can-venience.'

Singing in salads; sparkling in sandwiches; appealing in appetizers; and crafty in casseroles. Shrimp canning in the United States began in a floating cannery off the Louisiana coast in 1867, and the same area currently leads in production. In addition, shrimp canning is a very important industry in Mississippi and Alabama.

In volume, shrimp is marketed in the following order: frozen, canned, and fresh. It should come as no surprise that more canned shrimp is marketed than fresh, for economical, ready-to-eat canned shrimp is available across the country the year round. This handy treat from the Gulf ranges from very small shrimp to the large sizes. Some home-makers prefer different sizes for different uses; while others prefer one size for all types of dishes. Preferences are sometimes found to be geographic. Most canned shrimp are packed in cans containing 4½ to 5 ounces, drained weight, and are labeled as to size.

Fine quality canned shrimp adds distinction to any menu, and best of all, the cleaning and cooking have been done in the canner's kitchen. Keep 'can-venient' shrimp at your fingertips for speedy, twist-of-the-wrist mealtime magic.

According to history, the first people to appreciate shrimp as a table delicacy were the Greeks. The Romans and others soon discovered the excellence of the seafood and at Henry V's coronation banquet, shrimp appeared on the menu. Nowadays, "shrimp" is a familiar prefix to Creole, Gumbo, Bisque, Jambalaya, Curry, and Newburg, to name but a few popular favorites. No longer reserved for the select few, canned shrimp has taken its place as an economical family food.

In these 18 new recipes developed by Home Economists of the United States Department of Commerce's National Marine Fisheries Service, you will find new and exciting ways with 'can-venient' shrimp that will set your table a 'singing.'

SHRIMP AVOCADO COCKTAIL

(Front Cover)

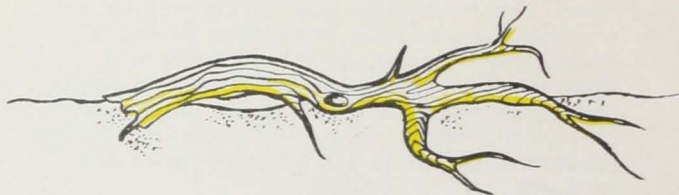
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| 2 cans (4½ or 5 ounces each)
shrimp | 2 avocados, peeled and cubed |
| 2 tablespoons lemon juice | Lettuce |
| | Lemon Cream Dressing |

Drain shrimp. Cover shrimp with ice water and let stand for 5 minutes; drain. Sprinkle lemon juice over avocado. Chill avocado and shrimp. Line cocktail glasses with lettuce. Portion avocado and shrimp on lettuce. Top with Lemon Cream Dressing. Serves 6.

LEMON CREAM DRESSING

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| ½ cup sour cream | 1 teaspoon horseradish |
| 1 tablespoon lemon juice | ¼ teaspoon salt |
| 1 tablespoon chopped parsley | |

Combine all ingredients and chill.

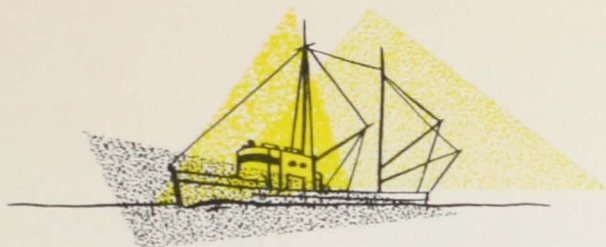


SHRIMP JAMBALAYA

(Front Cover)

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| 3 cans (4½ or 5 ounces each)
shrimp | 1½ cups water |
| 1 cup chopped green pepper | 1 cup uncooked rice |
| ½ cup chopped onion | ½ teaspoon crushed whole
thyme |
| 2 cloves garlic, finely
chopped | ¼ teaspoon salt |
| ¼ cup melted fat or oil | 1 bay leaf |
| 1 can (1 pound) tomatoes | Dash pepper |
| | ¼ cup chopped parsley |

Drain shrimp. Cover shrimp with ice water and let stand for 5 minutes; drain. Cook green pepper, onion, and garlic in fat until tender. Add remaining ingredients except parsley and shrimp. Cover and cook for 25 to 30 minutes or until rice is tender; stir occasionally. Add parsley and shrimp; heat. Remove bay leaf. Serves 6.



GULF SHRIMP SALAD

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| 3 cans (4½ or 5 ounces each) shrimp | ½ cup mayonnaise or salad dressing |
| 2 cups cooked rice | 2 tablespoons French dressing |
| 1 cup sliced celery | 2 tablespoons lemon juice |
| ½ cup chopped parsley | 1 teaspoon curry powder |
| ¼ cup sliced ripe olives | Salad greens |

Drain shrimp. Cover shrimp with ice water and let stand for 5 minutes; drain. Cut large shrimp in half. Combine rice, celery, parsley, olives, and shrimp. Combine mayonnaise, French dressing, lemon juice, and curry powder; mix thoroughly. Add mayonnaise mixture to shrimp mixture; toss lightly. Chill. Serve on salad greens. Serves 6.

SHRIMP A LA KING

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| 3 cans (4½ or 5 ounces each) shrimp | 3 tablespoons flour |
| 1 can (4 ounces) sliced mushrooms, drained | ½ teaspoon salt |
| 3 tablespoons chopped green pepper | Dash cayenne pepper |
| 3 tablespoons melted fat or oil | 1½ cups milk |
| | 2 tablespoons chopped pimiento |
| | Patty shells, toast cups, or cornbread |

Drain shrimp. Cover with ice water and let stand for 5 minutes; drain. Cook mushrooms and green pepper in fat until tender. Blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Add pimiento and shrimp; heat. Serve in patty shells, toast cups, or on cornbread. Serves 6.



SHRIMP SALAD

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| 3 cans (4½ or 5 ounces each) shrimp | 1 tablespoon grated onion |
| 1 cup chopped celery | ½ teaspoon salt |
| ¼ cup mayonnaise or salad dressing | Dash pepper |
| 2 tablespoons chopped sweet pickle or drained pickle relish | Salad greens |

Drain shrimp. Cover shrimp with ice water and let stand for 5 minutes; drain. Cut large shrimp in half. Combine all ingredients except salad greens; chill. Serve on salad greens. Serves 6.



SHRIMP AND GREEN BEAN CASSEROLE

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| 3 cans (4½ or 5 ounces each) shrimp | 2 tablespoons chopped parsley |
| 1 package (9 ounces) frozen French style green beans | 1 teaspoon lemon juice |
| 1 can (10½ ounces) condensed cream of celery soup | 1 teaspoon grated onion |
| | ½ teaspoon grated lemon rind |
| | ½ cup grated cheese |
| | Paprika |

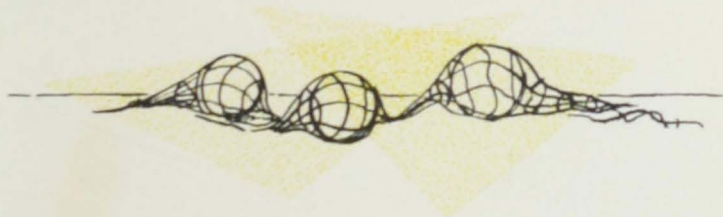
Drain shrimp and rinse with cold water. Cook green beans according to directions on package, omitting salt. Drain thoroughly. Place beans in a well-greased, shallow 1½-quart casserole. Cover with shrimp. Combine soup, parsley, lemon juice, onion, and lemon rind. Pour over shrimp. Top with cheese. Sprinkle with paprika. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until cheese melts and is lightly browned. Serves 6.

SHRIMP DE JONGHE

(Center photo)

- | | |
|-------------------------------------|-----------------------------------|
| 4 cans (4½ or 5 ounces each) shrimp | ¼ teaspoon crushed garlic |
| ¾ cup toasted dry bread crumbs | ¼ teaspoon nutmeg |
| ¼ cup chopped green onions and tops | ¼ teaspoon salt |
| ¼ cup chopped parsley | Dash pepper |
| ¾ teaspoon crushed tarragon | ½ cup butter or margarine, melted |
| | ¼ cup sherry |

Drain shrimp. Cover shrimp with ice water and let stand for 5 minutes; drain. Combine crumbs, onion, parsley, and seasonings. Add butter and sherry; mix thoroughly. Combine crumb mixture and shrimp; toss lightly. Place in a well-greased, shallow 1-quart casserole. Bake in a hot oven, 400° F., for 15 to 20 minutes or until lightly browned. Serves 6.



SHRIMP CHOWDER

(Center photo)

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| 3 cans (4½ or 5 ounces each) shrimp | 1 cup diced potatoes |
| ¼ cup chopped onion | ½ teaspoon salt |
| 2 tablespoons melted fat or oil | Dash pepper |
| 1 cup boiling water | 2 cups milk |
| | Chopped parsley |

Drain shrimp and rinse with cold water. Cut large shrimp in half. Cook onion in fat until tender. Add boiling water, potatoes, and seasonings. Cover and cook for 15 minutes or until potatoes are tender. Add milk and shrimp; heat. Garnish with parsley. Serves 6.



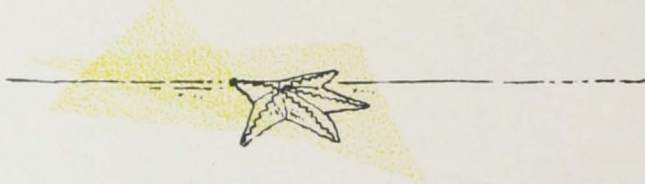


SHRIMP MACARONI SALAD

(Center photo)

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| 3 cans (4½ or 5 ounces each) shrimp | 3 tablespoons garlic French dressing |
| 2 cups cooked shell macaroni | 1 tablespoon lemon juice |
| 1 cup chopped raw cauliflower | 1 teaspoon grated onion |
| 1 cup sliced celery | 1 teaspoon celery seed |
| ¼ cup chopped parsley | 1 teaspoon salt |
| ¼ cup chopped sweet pickle or drained pickle relish | ¼ teaspoon pepper |
| ½ cup mayonnaise or salad dressing | Salad greens |
| | 1 hard-cooked egg, sliced |

Drain shrimp. Cover shrimp with ice water and let stand for 5 minutes; drain. Cut large shrimp in half. Combine macaroni, cauliflower, celery, parsley, pickle, and shrimp. Combine mayonnaise, French dressing, lemon juice, onion, and seasonings; mix thoroughly. Add mayonnaise mixture to shrimp mixture and toss lightly; chill. Serve on salad greens. Garnish with egg slices. Serves 6.



PATIO SHRIMP PLATE

(Center photo)

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| 3 cans (4½ or 5 ounces each) shrimp | Lettuce |
| 1 large cucumber, sliced | Patio Shrimp Sauce |

Drain shrimp. Cover shrimp with ice water and let stand for 5 minutes; drain. Arrange shrimp and cucumber slices on lettuce. Serve with Patio Shrimp Sauce. Serves 6.

PATIO SHRIMP SAUCE

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| 1 cup sour cream | ½ teaspoon paprika |
| 1 tablespoon horseradish | ½ teaspoon salt |
| 1 tablespoon grated onion | |

Combine all ingredients and blend well.

CURRIED SHRIMP SANDWICHES

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| 3 cans (4½ or 5 ounces each) shrimp | ¼ cup milk |
| ¼ cup butter or margarine, melted | ¼ teaspoon salt |
| 1 egg, beaten | Dash curry powder |
| | 6 slices bread |
| | Paprika |

Drain shrimp and rinse with cold water. Chop shrimp and fry in butter for 3 minutes. Combine egg, milk, and seasonings. Pour over shrimp and cook until thick, stirring constantly. Toast bread on one side. Spread shrimp mixture on untoasted side of bread. Place on a broiler pan about 3 inches from source of heat. Broil for 2 to 4 minutes or until lightly browned. Sprinkle with paprika. Serves 6.



SHRIMP TROPICANA

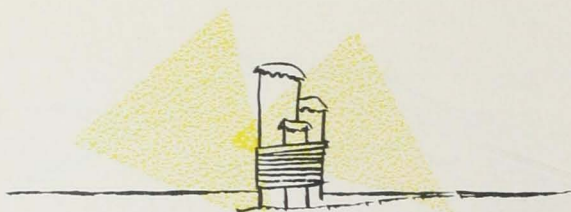
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| 2 cans (4½ or 5 ounces each) shrimp | 2 teaspoons lemon juice |
| 1 cup creamed cottage cheese | ½ teaspoon salt |
| ½ cup drained crushed pineapple | 6 lettuce leaves |
| ¼ cup mayonnaise or salad dressing | 12 slices buttered cracked wheat bread |

Drain shrimp and rinse with cold water. Chop shrimp. Drain cottage cheese. Combine all ingredients except lettuce and bread. Chill. Spread 6 slices of bread with approximately 1/3 cup shrimp mixture. Cover with lettuce and remaining 6 slices bread. Serves 6.

SHRIMP FONDUE

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|---------------------------------------|-----------------------------|
| 3 cans (4½ or 5 ounces each) shrimp | 3 eggs |
| 8 slices buttered day old white bread | ¼ teaspoon powdered mustard |
| ¼ cup chopped green pepper | ½ teaspoon salt |
| 1 cup grated cheese | Dash pepper |
| | 2 cups milk |
| | Paprika |

Drain shrimp and rinse with cold water. Cut large shrimp in half. Remove crusts from bread and cut into ½ inch cubes. Place half the bread cubes in a well-greased baking dish, 12 x 8 x 2 inches. Cover with a layer of shrimp, green pepper, and half the cheese. Top with remaining bread cubes and cheese. Combine eggs, mustard, salt, and pepper; beat with a rotary egg beater. Add milk and mix well. Pour over bread; sprinkle with paprika. Bake in a moderate oven, 350° F., for 45 to 50 minutes or until firm in the center. Remove from oven and let stand 5 minutes. Serves 6.



GULF FAVORITE

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| 3 cans (4½ or 5 ounces each) shrimp | 1 egg, beaten |
| 6 large tomatoes | 1 teaspoon salt |
| 1 teaspoon salt | Dash pepper |
| 1 cup grated cheese | 1 tablespoon melted fat or oil |
| 1 cup cooked rice | ¼ cup dry bread crumbs |

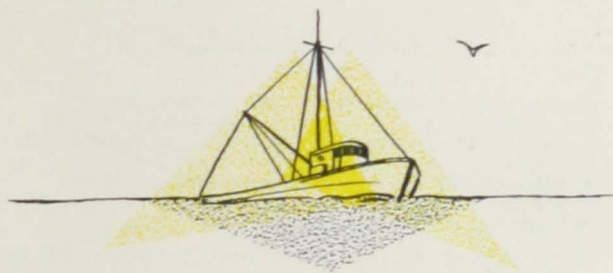
Drain shrimp and rinse with cold water. Cut large shrimp in half. Wash tomatoes. Remove stem ends and centers; sprinkle with salt. Combine cheese, rice, egg, seasonings, and shrimp. Place in tomatoes. Combine fat and crumbs; sprinkle over top of tomatoes. Place in a well-greased baking dish, 10 x 6 x 2 inches. Bake in a moderate oven, 350° F., for 30 to 40 minutes or until tomatoes are tender. Serves 6.

SWEET 'N' SOUR SHRIMP

(Back Cover)

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| 3 cans (4½ or 5 ounces each) shrimp | ½ cup diagonally sliced carrots |
| 1½ cups apple juice | ½ cup cubed green pepper |
| ½ cup vinegar | ¼ cup sliced green onions and tops |
| ½ cup sugar | 2 tablespoons cornstarch |
| ¼ cup catsup | ¼ cup apple juice |
| 2 tablespoons melted fat or oil | 2 cups hot cooked rice |
| 1 tablespoon soy sauce | ½ cup toasted slivered blanched almonds |
| ¼ teaspoon salt | |

Drain shrimp. Cover shrimp with ice water and let stand for 5 minutes; drain. Combine apple juice, vinegar, sugar, catsup, fat, soy sauce, and salt; bring to the boiling point. Add carrots and simmer for 15 minutes. Add green pepper and onion, and cook 5 minutes longer. Dissolve cornstarch in apple juice. Add gradually to hot sauce and cook until thickened, stirring constantly. Add shrimp; heat. Add almonds to rice. Serve shrimp sauce over rice. Serves 6.



SHRIMP BISQUE

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| 3 cans (4½ or 5 ounces each) shrimp | 1 teaspoon salt |
| 2 tablespoons chopped celery | ¼ teaspoon paprika |
| 2 tablespoons chopped onion | Dash pepper |
| ¼ cup melted fat or oil | 1 quart milk |
| 2 tablespoons flour | Chopped parsley |

Drain shrimp and rinse with cold water. Chop shrimp. Cook celery and onion in fat until tender. Blend in flour and seasonings. Add milk gradually and cook until thickened, stirring constantly. Add shrimp; heat. Garnish with parsley. Serves 6.

SHRIMP PIZZA

(Back Cover)

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| 3 | cans (4½ or 5 ounces each) shrimp | ¼ | cup chopped parsley |
| ¼ | cup chopped onion | 1½ | teaspoons oregano |
| 3 | cloves garlic, finely chopped | 3 | unbaked pizza crusts (9 inches each) |
| ½ | cup melted fat or oil | ¾ | pound Mozzarella cheese, thinly sliced |
| 3 | cans (6 ounces each) Italian-style tomato paste | | |

Drain shrimp and rinse with cold water. Cook onion and garlic in fat until tender. Add tomato paste and simmer for 5 minutes. Remove from heat; add parsley and oregano. Place pizza crusts on well-greased baking pans. Cover each crust with 1/3 of the sauce, 1/3 of the shrimp, and 1/3 of the cheese. Bake in a hot oven, 425° F., for 20 minutes or until crust is brown and cheese melts. Makes 3 pies. Serves 6.

SHRIMP THERMIDOR

(Back Cover)

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| 3 | cans (4½ or 5 ounces each) shrimp | Dash | cayenne pepper |
| 1 | can (4 ounces) mushroom stems and pieces, drained | 2 | cups milk |
| ¼ | cup melted fat or oil | 2 | tablespoons chopped parsley |
| ¼ | cup flour | | Salt |
| ½ | teaspoon powdered mustard | | Grated Parmesan cheese |
| | | | Paprika |

Drain shrimp. Cover shrimp with ice water and let stand for 5 minutes; drain. Cook mushrooms in fat for 5 minutes. Blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Add shrimp and parsley. Add salt to taste. Place in 6 well-greased, individual shells or 6-ounce custard cups. Sprinkle with cheese and paprika. Bake in a hot oven, 400° F., for 10 to 15 minutes or until lightly browned. Serves 6.





Dr. Robert M. White, Administrator
National Oceanic and Atmospheric Administration

Robert W. Schoning, Director
National Marine Fisheries Service

ISSUED BY THE NATIONAL MARINE FISHERIES SERVICE AS
A PART OF ITS CONTINUING CONSUMER EDUCATIONAL PROGRAM
IN COOPERATION WITH THE COMMERCIAL FISHING INDUSTRY.

