

HOW TO COOK SHRIMP

Test Kitchen Series No. 7

United States Department of the Interior
Fish and Wildlife Service

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Home Economists



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CONTENTS

	Page
Introduction	1
How to boil shrimp	2-3
To boil before peeling	2
To boil after peeling	3
Shrimp Cocktail	4
Cocktail sauces	4
Shrimp Canapés	4
Spiced Shrimp	4
Shrimp Turnovers	4
Shrimp Bisque	5
Shrimp Salad	5
Shrimp and Grapefruit Salad	6
Shrimp and Apple Salad	7
Shrimp Mousse	7
Shrimp in Tomato Aspic	7
Tomatoes Stuffed With Shrimp	7
French-Fried Shrimp	8
French-Fried Shrimp in Batter	9
Shrimp Jambalaya	9
Shrimp Meunière	9
Shrimp Creole	9
Shrimp Thermidor	10
Shrimp Wiggle	11
Shrimp au Gratin	11
Shrimp Casserole	11
Shrimp à la King	11
Shrimp Kabobs	12
Shrimp Newburg	13
Curried Shrimp	13
Shrimp Stuffing	13
Shrimp Sauce	13

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HOW TO COOK SHRIMP

Shrimp, among the most popular of our shellfish, are tender and white-meated, with a distinctive flavor. Not many years ago only a favored few near the South Atlantic and Gulf Coasts could brighten their menus with shrimp. Today, as a result of modern fishing and marketing methods, shrimp are available—fresh, frozen, cooked, and canned—in all parts of the country. Shrimp are an excellent source of high-quality protein, of some water-soluble vitamins, and of minerals necessary to good nutrition.

The various kinds of shrimp marketed in the United States are the common or “white” shrimp, which is a greenish gray when caught; the brown or Brazilian shrimp, which is brownish red in its raw state; the pink or coral-colored shrimp; and the Alaska and California varieties, which vary in color and are relatively small. Although shrimp range in color from greenish gray to brownish red when raw, they differ little in appearance and flavor when cooked. Raw shrimp are often called “green shrimp” in the retail stores.

Shrimp, as landed by the fishing boats, are either the whole shrimp or only the tail sections of the shellfish. When landed whole, the head and thorax are removed and discarded at the packing or canning plant, since there is practically no meat in these parts. The shrimp sold in most regions of the United States, are the “tails” of the shrimp (heads-off shrimp). In a few markets close to the fishing grounds, raw or cooked whole shrimp (heads-on shrimp) can still be purchased. Unless otherwise stated, the term “shrimp” refers to the fresh, frozen, or cooked tail section of the shrimp.

Shrimp are customarily sold according to size or grade. This is based on the number of heads-off shrimp to the pound. The count or number designation may also be described by such general terms as jumbo, large, medium, and small. The largest size or grade runs 15 or fewer shrimp to the pound; the smallest size runs 60 or more to the pound. Since all species may be used interchangeably in cooking, the size of the shrimp assumes more importance if the cost and time required to prepare a recipe are taken into consideration. Jumbo or large shrimp generally cost the most but take less time to peel and devein; small shrimp cost less but take longer to prepare. They have the same fine flavor and food value.

Most shrimp marketed in the United States are sold fresh or frozen. Frozen shrimp were packaged mainly in 5-pound blocks until recently, when consumer-sized packages became popular. These are available in a number of sizes from 5 ounces to 1 pound.

Another recent development is the breaded shrimp which has been peeled, cleaned, and breaded, ready for frying.

Cooked shrimp are sold by the pound and may be purchased either in the shell, or peeled and cleaned ready to use. Canned shrimp are available on the market in 4½- and 5-ounce cans, either packed in brine or dry. Cooked or canned shrimp may be used in any of the following recipes calling for cooked shrimp.

People who have the impression that shrimp are generally used only in salads and cocktails will find that many delicious and satisfying main dishes may be prepared using these popular shellfish.

HOW TO

Boiling is the basic method of cooking raw shrimp. The shrimp may be boiled, then peeled; or they may be peeled, then boiled. The order is largely a matter of personal preference; about the only difference is in the amount of salt used in the boiling water.



1. Boiling shrimp



2. Removing shell



3. Removing sand vein

To boil before peeling

1½ pounds shrimp
1 quart water
¼ cup salt

Wash shrimp.
Place in boiling salted water.
Cover and return to boiling point.
Simmer 5 minutes.
Drain.
Peel.
Remove sand veins.
Wash.
Chill.
Yields ¾ pound cooked shrimp.

BOIL SHRIMP

Either way, $1\frac{1}{2}$ pounds of raw shrimp yield about $\frac{3}{4}$ pound of cooked, peeled, and cleaned shrimp, ready to eat immediately or to be chilled for later use in any of the recipes that call for cooked shrimp.

To boil after peeling

$1\frac{1}{2}$ pounds shrimp
1 quart water
2 tablespoons salt

Peel shrimp.

Make a shallow cut lengthwise down the back of each shrimp.

Wash.

Place in boiling salted water.

Cover and return to boiling point.

Simmer 5 minutes.

Drain.

Remove any particles of sand veins remaining.

Chill.

Yields $\frac{3}{4}$ pound cooked shrimp.



1. Removing shell



2. Cutting shrimp



3. Boiling shrimp

SHRIMP COCKTAIL

$\frac{3}{4}$ pound cooked shrimp (p. 2 or 3)

Lettuce

Cocktail sauce

Lemon wedges

Arrange lettuce leaves in cocktail glasses. Place shrimp on lettuce; cover with cocktail sauce. Garnish with lemon wedges. Serves 6.

Cocktail Sauce

$\frac{1}{2}$ cup catsup

2 tablespoons lemon juice

1 tablespoon grated onion

2 tablespoons mayonnaise or salad dressing

1 teaspoon Worcestershire sauce

$\frac{1}{4}$ teaspoon salt

Dash pepper

Combine all ingredients and chill. Serves 6.

Cocktail Sauce

$\frac{3}{4}$ cup chili sauce

$\frac{1}{4}$ cup finely chopped celery

1 tablespoon lemon juice

1 tablespoon horseradish

$\frac{1}{2}$ teaspoon salt

Combine all ingredients and chill. Serves 6.

SHRIMP CANAPÉS

$\frac{1}{2}$ pound cooked shrimp (p. 2 or 3)

1 3-ounce package cream cheese

1 tablespoon chili sauce

$\frac{1}{4}$ teaspoon Worcestershire sauce

1 teaspoon salt

Dash cayenne

Crackers, toast, or bread

Grind shrimp. Soften cheese at room temperature. Combine all ingredients, except crackers, and blend into a paste. Spread on crackers, toast, or bread; garnish. Makes approximately 48 canapés.

SPICED SHRIMP

$1\frac{1}{2}$ pounds shrimp, fresh or frozen

1 bunch celery tops

1 bunch parsley

$1\frac{1}{2}$ teaspoons crushed bay leaves

$1\frac{1}{2}$ teaspoons whole allspice

$1\frac{1}{2}$ teaspoons whole red peppers

$1\frac{1}{2}$ teaspoons whole black peppers

$\frac{3}{4}$ teaspoon whole cloves

2 quarts boiling water

1 cup vinegar

$\frac{1}{4}$ cup salt

Wash shrimp but do not remove shells. Tie the celery, parsley, and spices in a piece of cheesecloth. To the water add vinegar, salt, and bag of seasonings. Cover and simmer 45 minutes. Add shrimp, cover, and return to boiling point; simmer 5 minutes. Drain, peel, and remove sand veins. Serve with a cocktail sauce. Serves 6.

SHRIMP TURNOVERS

$\frac{1}{2}$ pound cooked shrimp (p. 2 or 3)

1 teaspoon horseradish

2 tablespoons lemon juice

1 teaspoon prepared mustard

1 tablespoon chopped sweet pickle

1 teaspoon salt

3 tablespoons mayonnaise or salad dressing

1 cup pastry mix

Cream

Grind shrimp. Combine all ingredients, except pastry mix and cream; blend into a paste. Prepare pastry as directed. Roll very thin and cut into 2-inch circles. Place 1 teaspoon of filling in center of each circle. Moisten edges with cold water; fold over and press edges together with a fork. Prick tops and brush with cream. Bake in a hot oven, 475° F., for 12 to 15 minutes or until golden brown. Makes approximately 48 turnovers.

SHRIMP BISQUE

$\frac{3}{4}$ pound cooked shrimp (p. 2 or 3)
2 tablespoons chopped onion
2 tablespoons chopped celery
 $\frac{1}{4}$ cup butter or other fat, melted
2 tablespoons flour
1 teaspoon salt
 $\frac{1}{4}$ teaspoon paprika
Dash pepper
1 quart milk
Parsley

Grind shrimp. Cook onion and celery in butter until tender. Blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Add shrimp; heat. Garnish with chopped parsley sprinkled over the top. Serves 6.

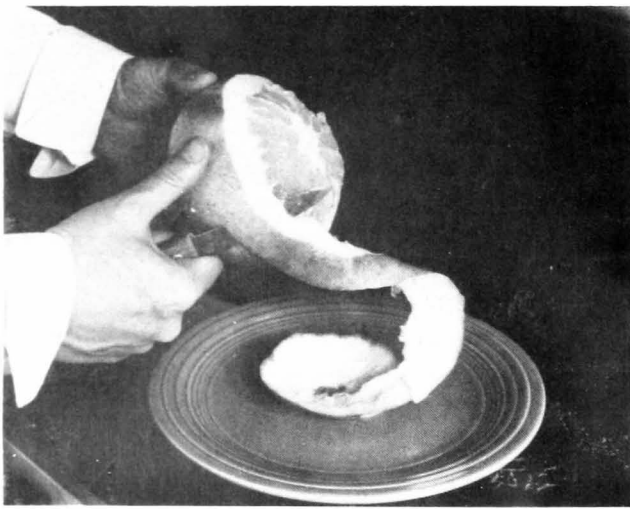
SHRIMP SALAD

$\frac{3}{4}$ pound cooked shrimp (p. 2 or 3)
1 cup chopped celery
1 tablespoon grated onion
2 tablespoons chopped sweet pickle
 $\frac{1}{2}$ teaspoon salt
Dash pepper
 $\frac{1}{4}$ cup mayonnaise or salad dressing
Lettuce

Cut large shrimp in half. Combine all ingredients, except lettuce; chill. Serve on lettuce. Serves 6.



Shrimp Bisque



Peeling grapefruit



Sectioning grapefruit

SHRIMP AND GRAPEFRUIT SALAD

$\frac{3}{4}$ pound cooked shrimp (p. 2 or 3)

1 grapefruit, sectioned

Salad greens

Mayonnaise or salad dressing

Prepare 6 individual salads by arranging alternate rows of shrimp and grapefruit sections on salad greens. Garnish with mayonnaise. Serves 6.



Shrimp and Grapefruit Salad

SHRIMP AND APPLE SALAD

$\frac{3}{4}$ pound cooked shrimp (p. 2 or 3)
2 cups diced red apples
1 tablespoon lemon juice
 $\frac{1}{2}$ cup chopped celery
1 teaspoon salt
 $\frac{1}{3}$ cup mayonnaise or salad dressing
Lettuce

Cut large shrimp in half. Combine all ingredients, except lettuce. Serve on lettuce. Serves 6.

SHRIMP IN TOMATO ASPIC

$\frac{3}{4}$ pound cooked shrimp (p. 2 or 3)
2 tablespoons gelatin
2 cups tomato juice
1 tablespoon lemon juice
1 teaspoon grated onion
2 tablespoons chopped pickle
2 teaspoons horseradish
1 teaspoon salt
Dash pepper
Lettuce
Mayonnaise or salad dressing

Cut large shrimp in half. Soften gelatin in $\frac{1}{2}$ cup of cold tomato juice for 5 minutes. Scald remaining tomato juice; add gelatin and stir until dissolved. Add next 6 ingredients and shrimp. Pour in a mold; chill until firm. Unmold on lettuce; garnish with mayonnaise. Serves 6.

SHRIMP MOUSSE

$\frac{3}{4}$ pound cooked shrimp (p. 2 or 3)
1 tablespoon gelatin
 $\frac{1}{4}$ cup cold water
 $\frac{1}{2}$ cup boiling water
1 tablespoon lemon juice
1 tablespoon Worcestershire sauce
 $\frac{1}{2}$ cup chopped celery
2 tablespoons chopped pimiento
1 tablespoon grated onion
2 tablespoons chili sauce
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup heavy cream, whipped
 $\frac{1}{4}$ cup mayonnaise or salad dressing
Salad greens

Cut large shrimp in half. Soften gelatin in cold water for 5 minutes. Add boiling water and stir until dissolved. Add the next 7 ingredients and shrimp; chill until almost congealed. Combine whipped cream and mayonnaise; fold into gelatin mixture. Place in a mold; chill until firm. Unmold on salad greens. Serves 6.

TOMATOES STUFFED WITH SHRIMP

$\frac{3}{4}$ pound cooked shrimp (p. 2 or 3)
6 large tomatoes
1 teaspoon salt
1 cup cooked rice
1 cup grated cheese
1 egg, beaten
1 teaspoon salt
Dash pepper
1 tablespoon butter or other fat, melted
 $\frac{1}{4}$ cup dry bread crumbs

Cut large shrimp in half. Wash tomatoes. Remove stem ends and centers; sprinkle with salt. Combine rice, cheese, egg, seasonings, and shrimp. Place in tomatoes. Combine butter and crumbs; sprinkle over top of tomatoes. Place in a well-greased baking dish. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until tomatoes are tender. Serves 6.



Cutting shrimp



Breading shrimp

FRENCH-FRIED SHRIMP

1½ pounds shrimp, fresh or frozen
2 eggs, beaten
1 teaspoon salt
½ cup flour
½ cup dry bread crumbs

Peel shrimp, leaving the last section of the shell on if desired. Cut almost through lengthwise and remove sand veins. Wash. Combine egg and salt. Dip each shrimp in egg, and roll in flour-and-crumb mixture. Fry in a basket in deep fat, 350° F., for 2 to 3 minutes or until golden brown. Drain on absorbent paper. Serve plain or with a sauce. Serves 6.

NOTE.—A commercial breading may be used. Follow the directions on the package.



French-Fried Shrimp

FRENCH-FRIED SHRIMP IN BATTER

1½ pounds shrimp, fresh or frozen
½ cup flour
¼ teaspoon baking powder
1 teaspoon sugar
1 teaspoon salt
½ cup milk
1 egg, beaten

Peel shrimp, leaving the last section of the shell on if desired. Cut almost through lengthwise and remove sand veins. Wash and drain on absorbent paper. Sift flour, baking powder, sugar, and salt together. Combine milk and egg; blend into flour mixture. Dip each shrimp in the batter. Fry immediately in deep fat, 350° F., for 2 to 3 minutes or until golden brown. Drain on absorbent paper. Serve plain or with a sauce. Serves 6.

SHRIMP JAMBALAYA

¾ pound cooked shrimp (p. 2 or 3)
¼ cup chopped bacon
3 tablespoons chopped onion
3 tablespoons chopped green pepper
1 clove garlic, finely chopped
1 tablespoon flour
1 teaspoon salt
Dash cayenne
Dash paprika
½ teaspoon Worcestershire sauce
2 cups canned tomatoes
2 cups cooked rice

Cut large shrimp in half. Fry bacon until crisp. Add onion, green pepper, and garlic; cook until tender. Blend in flour and seasonings; add tomatoes and cook until thick, stirring constantly. Stir in rice and shrimp; heat. Serves 6.

SHRIMP MEUNIÈRE

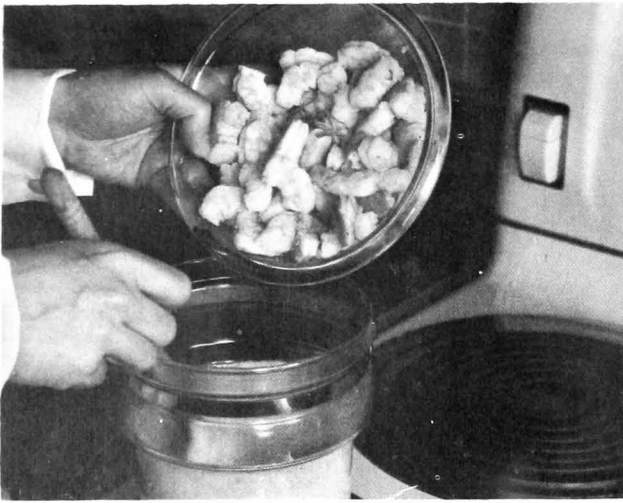
1½ pounds shrimp, fresh or frozen
¼ cup butter or margarine, melted
1 tablespoon lemon juice
¼ teaspoon salt
Dash pepper

Peel shrimp and remove sand veins. Wash and drain on absorbent paper. Fry in butter, turning frequently, for about 10 minutes or until lightly brown. Remove shrimp to platter. To browned butter, add lemon juice and seasoning; pour over shrimp. Serves 6.

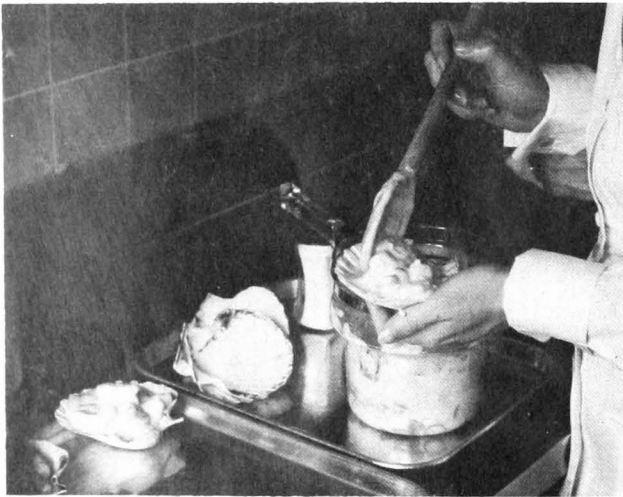
SHRIMP CREOLE

1½ pounds shrimp, fresh or frozen
¼ cup chopped onion
¼ cup chopped green pepper
1 clove garlic, finely chopped
¼ cup butter or other fat, melted
3 tablespoons flour
1 teaspoon chili powder,
Dash pepper
1 teaspoon salt
2 cups canned tomatoes
Rice ring

Peel shrimp, remove sand veins, and wash. Cut large shrimp in half. Cook onion, green pepper, and garlic in butter until tender; blend in flour and seasonings. Add tomatoes and cook until thick, stirring constantly. Add shrimp and simmer uncovered for about 20 minutes. Serve in a rice ring. Serves 6.



Adding shrimp

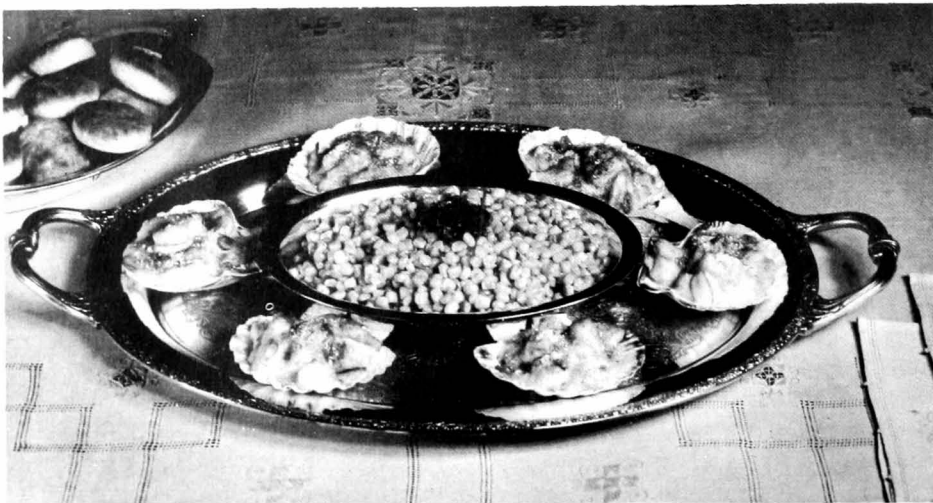


Filling shells

SHRIMP THERMIDOR

$\frac{3}{4}$ pound cooked shrimp (p. 2 or 3)
 $\frac{1}{2}$ cup sliced mushrooms
 $\frac{1}{4}$ cup butter or other fat, melted
 $\frac{1}{4}$ cup flour
1 teaspoon salt
 $\frac{1}{2}$ teaspoon dry mustard
Dash cayenne
2 cups milk
Grated Parmesan cheese
Paprika

Cut large shrimp in half. Fry mushrooms in butter for about 5 minutes. Blend in flour and seasonings; add milk gradually and cook until thick, stirring constantly. Stir in shrimp. Fill 6 individual well-greased shells or casseroles. Sprinkle with cheese and paprika. Bake in a hot oven, 400° F., for 10 minutes or until cheese browns. Serves 6.



Shrimp Thermidor

SHRIMP WIGGLE

$\frac{3}{4}$ pound cooked shrimp (p. 2 or 3)
 $\frac{1}{4}$ cup butter or other fat
 $\frac{1}{4}$ cup flour
1 teaspoon salt
2 cups milk
1 cup cooked peas
Patty shells, toast cups, or toast

Cut large shrimp in half. Melt butter; blend in flour and salt. Add milk gradually and cook until thick and smooth, stirring constantly. Stir in peas and shrimp; heat. Serve in patty shells, toast cups, or on toast. Serves 6.

SHRIMP AU GRATIN

$\frac{3}{4}$ pound cooked shrimp (p. 2 or 3)
3 tablespoons chopped onion
3 tablespoons butter or other fat, melted
 $\frac{1}{4}$ cup flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon dry mustard
Dash pepper
 $1\frac{1}{2}$ cups milk
1 cup grated cheese
1 tablespoon butter or other fat, melted
 $\frac{1}{4}$ cup dry bread crumbs

Cut large shrimp in half. Cook onion in butter until tender; blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Add $\frac{3}{4}$ cup of cheese and heat until melted. Stir in shrimp and pour into 6 individual well-greased casseroles. Combine butter, crumbs, and remaining cheese; sprinkle over top of each casserole. Bake in a hot oven, 400° F., for 10 minutes or until brown. Serves 6.

Note.—Tomato juice may be used in place of milk.

SHRIMP CASSEROLE

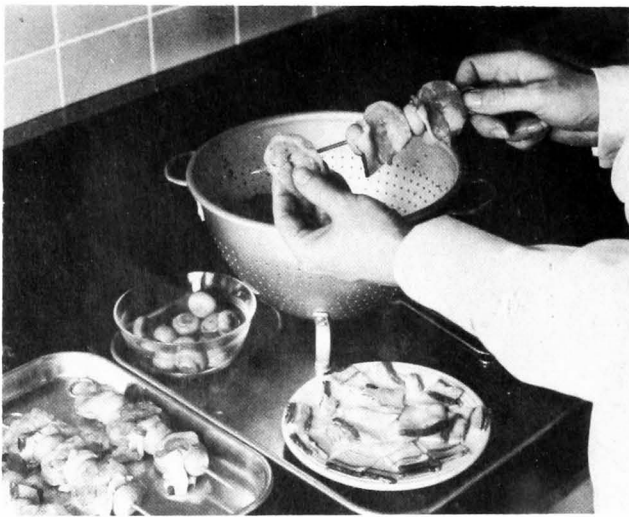
$\frac{3}{4}$ pound cooked shrimp (p. 2 or 3)
 $\frac{1}{2}$ cup chopped celery
 $\frac{1}{4}$ cup chopped green pepper
3 tablespoons chopped onion
 $\frac{1}{4}$ cup butter or other fat, melted
6 tablespoons flour
1 teaspoon salt
1 can concentrated mushroom soup
 $1\frac{1}{2}$ cups milk
1 tablespoon butter or other fat, melted
 $\frac{1}{4}$ cup dry bread crumbs

Cut large shrimp in half. Cook vegetables in butter until tender; blend in flour and salt. Combine soup and milk; add to vegetable mixture and cook until thick, stirring constantly. Add shrimp and pour into a well-greased casserole. Combine butter and crumbs; sprinkle over top of casserole. Bake in a hot oven, 400° F., for about 10 minutes or until brown. Serves 6.

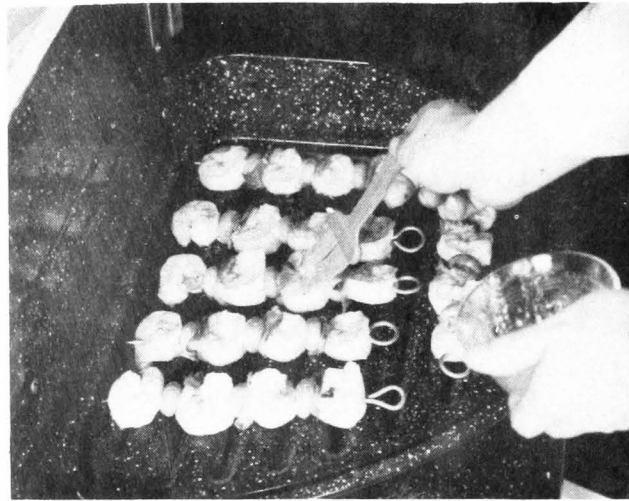
SHRIMP À LA KING

$\frac{3}{4}$ pound cooked shrimp (p. 2 or 3)
 $\frac{1}{2}$ cup sliced mushrooms
3 tablespoons chopped green pepper
3 tablespoons butter or other fat, melted
3 tablespoons flour
 $\frac{1}{2}$ teaspoon salt
Dash cayenne
 $1\frac{1}{2}$ cups milk
2 tablespoons chopped pimiento
Patty shells, toast cups, or toast

Cut large shrimp in half. Cook mushrooms and green pepper in butter until tender; blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Stir in pimiento and shrimp; heat. Serve in patty shells, toast cups, or on toast. Serves 6.



Filling skewer



Brushing with seasoned butter



Shrimp Kabobs

SHRIMP KABOBS

1½ pounds shrimp, fresh or frozen
4 slices bacon, cut in squares
1 4-ounce can button mushrooms, drained
½ teaspoon salt
Dash pepper
3 tablespoons butter or margarine, melted

Peel shrimp and remove sand veins. Wash and drain on absorbent paper. Using long skewers, alternate the shrimp, squares of bacon, and mushrooms until skewers are filled. Brush with seasoned butter and place on a preheated, greased broiler pan about 3 inches from the source of heat. Broil 5 minutes, turn and brush with butter. Broil 3 to 5 minutes longer. Serves 6.

SHRIMP NEWBURG

$\frac{3}{4}$ pound cooked shrimp (p. 2 or 3)
 $\frac{1}{4}$ cup butter or other fat
2 tablespoons flour
 $\frac{3}{4}$ teaspoon salt
Dash cayenne
Dash nutmeg
 $1\frac{1}{2}$ cups thin cream
2 egg yolks, beaten
2 tablespoons sherry
Toast points

Cut large shrimp in half. Melt butter; blend in flour and seasonings. Add cream gradually and cook until thick and smooth, stirring constantly. Stir a little of the hot sauce into egg yolks; add to remaining sauce, stirring constantly. Add shrimp; heat. Remove from heat and slowly stir in sherry. Serve immediately on toast points. Serves 6.

CURRIED SHRIMP

$\frac{3}{4}$ pound cooked shrimp (p. 2 or 3)
 $\frac{1}{4}$ cup chopped onion
3 tablespoons butter or other fat, melted
3 tablespoons flour
1 teaspoon salt
Dash pepper
1 teaspoon curry powder
 $\frac{1}{4}$ teaspoon powdered ginger
2 cups milk
Rice ring

Cut large shrimp in half. Cook onion in butter until tender; blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Add shrimp; heat. Serve in rice ring. Serves 6.

SHRIMP STUFFING

$\frac{1}{2}$ pound shrimp, fresh or frozen
 $\frac{1}{4}$ cup chopped onion
2 tablespoons chopped parsley
3 tablespoons butter or other fat, melted
1 egg, beaten
2 tablespoons milk
 $\frac{1}{2}$ teaspoon thyme
1 teaspoon salt
Dash pepper
3 cups soft bread cubes

Peel shrimp and remove sand veins. Wash and cut into small pieces. Cook onion, parsley, and shrimp in butter until tender. Combine egg, milk, and seasonings. Mix all ingredients together until well moistened. Makes enough for a 4-pound bird.

SHRIMP SAUCE

$\frac{1}{2}$ pound cooked shrimp (p. 2 or 3)
2 tablespoons butter or other fat, melted
2 tablespoons flour
 $\frac{3}{4}$ teaspoon salt
1 cup milk
3 hard-cooked eggs, chopped

Cut shrimp into small pieces; brown in butter 3 to 5 minutes. Blend in flour and salt; add milk gradually and cook until thick, stirring constantly. Add egg; heat. Serve over cooked fish. Serves 6.