Ways With Shrimp
FISHERY MARKET DEVELOPMENT SERIES NO. 2

This publication was made possible through private contributions from the AMERICAN SHRIMP CANNERS ASSOCIATION.


'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)

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


LEMON CREAM DRESSING

1/2 cup sour cream
1 tablespoon lemon juice
1 tablespoon chopped parsley
1/4 teaspoon salt
1/4 teaspoon horseradish

Combine all ingredients and chill.

SHRIMP JAMBALALAYA

(Front Cover)

3 cans (4½ or 5 ounces each) shrimp
1 cup chopped green pepper
1/2 cup chopped onion
2 cloves garlic, finely chopped
1/4 cup melted fat or oil
1 can (1 pound) tomatoes
1 1/2 cups water
1 cup uncooked rice
1/2 teaspoon crushed whole thyme
1/4 teaspoon salt
1 bay leaf
Dash pepper
1/4 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

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

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

SHRIMP SALAD

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

3 cans (4½ or 5 ounces each) shrimp
1 package (9 ounces) frozen French style green beans
1 can (10½ ounces) condensed cream of celery soup
2 tablespoons chopped parsley
1 teaspoon lemon juice
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
⅛ cup toasted dry bread crumbs
⅛ cup chopped green onions and tops
⅛ cup chopped parsley
1/4 teaspoon crushed tarragon
1/4 teaspoon crushed garlic
1/4 teaspoon nutmeg
1/4 teaspoon salt
Dash pepper
1/2 cup butter or margarine, melted
1/4 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)

3 cans (4½ or 5 ounces each) shrimp
⅛ cup chopped onion
2 tablespoons melted fat or oil
1 cup boiling water
1 cup diced potatoes
1/2 teaspoon salt
Dash pepper
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)

3 cans (4 1/2 or 5 ounces each) shrimp
2 cups cooked shell macaroni
1 cup chopped raw cauliflower
1 cup sliced celery
1/4 cup chopped parsley
1/4 cup chopped sweet pickle or drained pickle relish
1/2 cup mayonnaise or salad dressing

3 tablespoons garlic French dressing
1 tablespoon lemon juice
1 teaspoon grated onion
1 teaspoon celery seed
1 teaspoon salt
1/4 teaspoon pepper
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)

3 cans (4 1/2 or 5 ounces each) shrimp
1 large cucumber, sliced

Lettuce
Patio Shrimp Sauce


PATIO SHRIMP SAUCE

1 cup sour cream
1 tablespoon horseradish
1 tablespoon grated onion

1/2 teaspoon paprika
1/2 teaspoon salt

Combine all ingredients and blend well.
CURRIED SHRIMP SANDWICHES

3 cans (4½ or 5 ounces each) shrimp
1/4 cup butter or margarine, melted
1 egg, beaten

1/4 cup milk
1/4 teaspoon salt
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

2 cans (4½ or 5 ounces each) shrimp
1 cup creamed cottage cheese
1/2 cup drained crushed pineapple
1/4 cup mayonnaise or salad dressing

2 teaspoons lemon juice
1/2 teaspoon salt
6 lettuce leaves
12 slices buttered cracked wheat bread

SHRIMP FONDUE

3 cans (4 1/2 or 5 ounces each) shrimp
8 slices buttered day old white bread
1/4 cup chopped green pepper
1 cup grated cheese
3 eggs
1/4 teaspoon powdered mustard
1/2 teaspoon salt
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 1/2 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

3 cans (4 1/2 or 5 ounces each) shrimp
6 large tomatoes
1 teaspoon salt
1 cup grated cheese
1 cup cooked rice
1 egg, beaten
1 teaspoon salt
Dash pepper
1 tablespoon melted fat or oil
1/4 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)*

- 3 cans (4½ or 5 ounces each) shrimp
- 1½ cups apple juice
- ½ cup vinegar
- ¼ cup catsup
- 2 tablespoons melted fat or oil
- ⅛ cup soy sauce
- ½ cup diagonally sliced carrots
- ½ cup cubed green pepper
- ¼ cup sliced green onions and tops
- 2 tablespoons cornstarch
- ¼ cup apple juice
- 2 cups hot cooked rice
- ½ cup toasted slivered blanched almonds

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**

- 3 cans (4½ or 5 ounces each) shrimp
- 2 tablespoons chopped celery
- 2 tablespoons chopped onion
- ¼ cup melted fat or oil
- 1 teaspoon salt
- ⅛ teaspoon paprika
- Dash pepper
- 1 quart milk
- Chopped parsley

SHRIMP PIZZA
(Back Cover)

3 cans (4 1/2 or 5 ounces each) shrimp
1/4 cup chopped onion
3 cloves garlic, finely chopped
1/2 cup melted fat or oil
3 cans (6 ounces each) Italian-style tomato paste

1/4 cup chopped parsley
1 1/2 teaspoons oregano
3 unbaked pizza crusts (9 inches each)
3/4 pound Mozarella cheese, thinly sliced

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.

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SHRIMP THERMIDOR
(Back Cover)

3 cans (4 1/2 or 5 ounces each) shrimp
1 can (4 ounces) mushroom stems and pieces, drained
1/4 cup melted fat or oil
1/4 cup flour
1/2 teaspoon powdered mustard

Dash cayenne pepper
2 cups milk
2 tablespoons chopped parsley
Salt
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.
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ISSUED BY THE NATIONAL MARINE FISHERIES SERVICE AS
A PART OF ITS CONTINUING CONSUMER EDUCATIONAL PROGRAM
IN COOPERATION WITH THE COMMERCIAL FISHING INDUSTRY.