

How To Prepare Fresh Shrimp

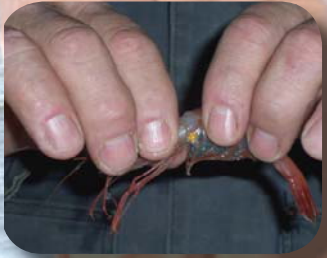


Congratulations! You just purchased a locally caught resource harvested by NH Commercial Fishermen. The Northern Shrimp, (Pandalus Borealis), is a cold water shrimp that resides in the Gulf of Maine. Commercial shrimp fishermen use several conservation measures including the Nordmore grate to make this a sustainable fishery. These measures virtually eliminate the discard and by-catch of fish and targets only the large shrimp allowing those excluded to contribute to the next generation.

Step 1

How to Shell: Peeling shrimp can be quite simple and easy.

Try the following method: Hold shrimp in your left hand, grasping the head with your right.



Step 2

Bend the head forward, pulling the shell off.

Step 3

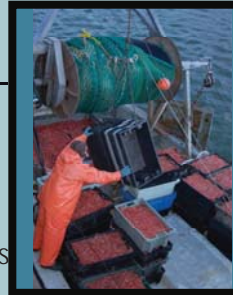
At this point, it's best to soak the shrimp in cold water for at least an hour. Peeling the body will be easier after soaking. After soaking, hold the body with the legs facing you. With your thumbs split the shell between the legs then run your index finger between the shrimp meat and the shell to separate.



Baked Shrimp

- 2 cups shrimp meat
- 2 eggs
- 1/4 cup water
- Salt and pepper
- 2 cups cornflake crumbs
- Oil

Dry shrimp on paper towels. Dip into crumbs, then eggs slightly beaten with water, then into crumbs again. Place on well oiled baking pan so they do not touch, sprinkle with salt and pepper. Turn over with a broad spatula so that both sides will be oiled. Bake at 450' about 6-8 minutes. Serve with your favorite sauce.



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