

EVERYTHING YOU WANTED TO KNOW ABOUT...

Cooking Shrimp

...and weren't afraid to ask!



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BOILING

Bring water to a rolling boil on high heat. Add peeled shrimp to water. Reduce heat to medium. When the water returns to a rolling boil, the shrimp are done. **DO NOT OVER-COOK!** Remove from heat and serve. If not serving the shrimp immediately, plunge them into ice water (this will stop the cooking process). The exact time of cooking will depend on the amount and size of the shrimp being cooked. The larger the shrimp, the longer the cooking time. You may add shrimp boil, bay leaves or any other seasoning to the water as desired. Adding salt to the water will cause the water to boil at a higher temperature, thus cooking the shrimp faster.

STEAMING

Bring water to a rolling boil on high heat. Place the shrimp in a vegetable steamer (or suitable substitute), place in the pot and cover. Cook 2-3 minutes (depending on the amount and size of the shrimp). This method prevents the shrimp from picking up the "taste" of your tap water. You may also substitute beer for water for "shrimp steamed in beer". You may also season the shrimp or water (Old Bay) to your taste.

Peeled vs Unpeeled

There are two schools of thought on this point. As your personal taste is to be the final judge, we leave the decision to you. Here are the pro's & con's of the peeling of shrimp.

Peeled - It is easier to peel the shrimp before they are cooked. The shrimp will cook a little quicker, and most importantly, the shrimp are ready to eat without any further handling as soon as they are done. It also makes them easier to eat for your guests.

Unpeeled - When cooking larger quantities, especially of smaller shrimp, it is easier to let your guests "peel 'n' eat" their shrimp. Some folks think that leaving the shell on during cooking adds flavor to the shrimp, although that point is debatable.

The final decision on peeling before or after cooking may rest on the availability of willing help to do the peeling. In either case, the most important thing is buying the freshest shrimp available. If you have any further questions, feel free to ask our fishmonger.

For more recipes check our website www.prawnbroker.com

12/15/08