

Enjoy America's Favorite Seafood—Shrimp!

It's easy to see why shrimp has become America's favorite seafood.

Low in fat and calories, high in protein and especially in flavor, shrimp are quick to prepare and versatile.

Sometimes called "bugs" by eastern North Carolina fishermen, shrimp are sold according to size or count, the number of headless shrimp per pound. Generally jumbo shrimp equal about 15 to 20 per pound while it may take 50 or more of the smallest "popcorn" shrimp to make a pound.

When buying fresh shrimp, choose those with a mild odor and firm meat, not slippery, and retaining their natural color. Beware of shrimp that are bright pink or red, or that have black spot, a sign of poor handling or age.

The shells turn red when cooked; the meat is white with red tinges.

Shrimp can be cleaned before or after cooking. However, more flavor is retained when steaming or boiling if the shrimp are cooked in the shells. Heading shrimp removes the gills, stomach and other viscera. It isn't necessary to devein shrimp unless for the sake of appearance in some recipes or because the sand vein is large with more grit than usual.

While shrimp toughen if boiled for very long they can be steamed with your favorite seasonings for a longer time and are then more flavorful.

They're great also grilled and prepared in salads, quiches, casseroles, Creole dishes and with a variety of sauces and seasonings.

Individual Shrimp Casseroles

- 1 lb. cooked small shrimp, peeled
- 1/2 C. margarine
- 1/2 C. sliced fresh mushrooms
- 1/2 C. flour
- 1/2 t. salt
- 1/2 t. dry (ground) mustard
- 1/2 t. cayenne pepper
- 1/2 C. milk

Head, Peel And Devein Shrimp

Shrimp can be bought headed or whole; which is the best buy depends in part on comparative cost and in part on whether you mind heading the shrimp yourself.

If you choose to head the shrimp, it's easy to do, though a little messy.

To head a shrimp, advises Joyce Taylor of the NCSU Seafood Lab, hold it in one hand, and with your thumb just behind the head, push the head off. Be sure to push just the head off so that you do not lose any meat.

Peeling and deveining is also simple.

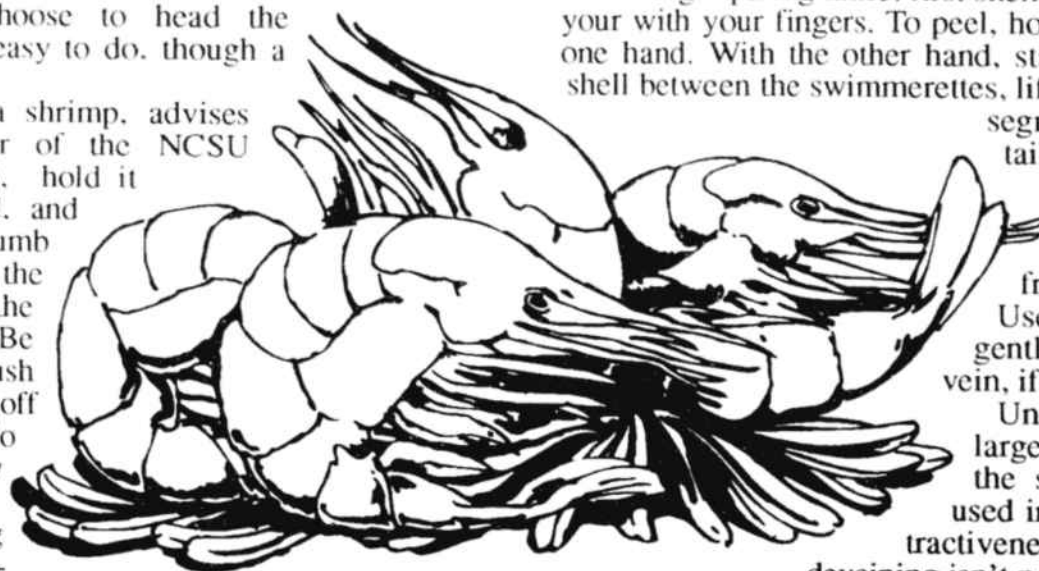
If using a deveiner, insert it at the head end, just above the vein. Push through the shrimp to the tail and split and remove the shell. This removes the

vein at the same time. Rinse quickly under cold, running water, if necessary, to remove any remaining traces of the vein.

If using a paring knife, first shell the shrimp with your with your fingers. To peel, hold the shrimp in one hand. With the other hand, starting under the shell between the swimmerettes, lift the shell off in segments. At the tail segment, pull the shrimp meat until it is released from the shell. Use the knife to gently remove the vein, if desired.

Unless the vein is large and gritty or the shrimp is being used in a salad and attractiveness is important, deveining isn't necessary.

When cooking shrimp in their shells, first head them. Then, after cooking, peel and devein them in one of the above ways. Do not rinse after cooking or peeling unless necessary.



- 1/2 C. freshly grated Parmesan cheese
- Paprika

Melt margarine in medium heavy saucepan over medium heat. Saute mushrooms until tender. Blend in flour, salt, mustard and cayenne. Add milk gradually and cook until thick, stirring constantly. Stir in shrimp. Place in four greased individual shells or ramekins. Sprinkle with Parmesan and paprika. Bake at 400 degrees F for 10 minutes, or until cheese is lightly browned. Serves 4.

Shrimp Curry

- 1 1/2 lbs. cooked small shrimp, peeled
- 4 T. margarine
- 1/2 C. finely chopped onion
- 1 1/2 t. pressed garlic
- 7 T. flour
- 3 T. curry powder (or more, to taste)
- 1/2 t. ground ginger
- 1/2 t. salt
- 2 C. chicken broth

- 1 C. light cream
- 2 T. fresh lemon juice
- Cooked rice

In large saucepan, melt margarine over medium heat. Saute onion and garlic until tender. Stir in flour, curry powder, ginger and salt. Add chicken broth and blend. Stir in cream and cook until thickened, stirring constantly. Add shrimp and lemon juice. Continue cooking until shrimp are heated. Do not allow to boil. Serve over hot rice. Serves 6.

Baked Shrimp

- 1 lb. cooked small shrimp, peeled
- 3 T. vegetable oil

- 1 T. finely chopped green onion
- 1/2 t. pressed garlic
- 1 T. chopped fresh parsley
- 1/2 t. savory
- 1 1/2 T. fresh lemon juice
- 1/2 C. toasted bread crumbs
- 1 T. freshly grated Parmesan cheese
- 2 T. dry white wine

Heat oil in small saucepan over medium heat. Saute onion and garlic until tender. Add parsley, savory, lemon juice, crumbs and cheese. Arrange shrimp in lightly greased medium baking dish. Sprinkle crumb mixture over top. Pour wine over this. Bake at 350 degrees F until heated through and lightly

browned, about 10 to 15 minutes. Serves 4.

Shrimp Tempura

- 1 1/2 lbs. large shrimp, peeled
- 1 C. flour
- 2 T. cornstarch
- 1/2 t. salt
- 1 C. ice water
- 1 egg yolk
- 2 stiffly beaten egg whites
- 1 medium sweet potato, peeled, cut into 1/4-inch slices
- 1/2 lb. fresh green beans, cut into 2-inch lengths
- 2 carrots, quartered, cut into 2-inch lengths
- 1 C. fresh mushrooms, sliced into 1/2-inch pieces

Vegetable oil for frying
Tempura sauce (recipe below)
Stir together flour, cornstarch and salt. Make well in center. Combine water and egg yolk and place in well. Stir slowly until moistened. Do not beat. Some lumps will remain. Fold in egg whites. Dip shrimp and vegetables into batter, swirling to coat. Fry a few pieces at a time in 400 degree F oil in deep fryer for two to three minutes, or until golden. Drain on paper towels. Keep warm in 250 degree F oven. Serve with tempura sauce. Serves 10 to 12.

Tempura Sauce

- 1 C. fish or chicken broth
 - 1/2 C. dry sherry
 - 1/2 C. soy sauce
 - 1 t. sugar
- Place broth, sherry, soy sauce and sugar in small saucepan over medium heat. Stir until boiling.

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