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Maine Department of Sea and Shore Fisheries

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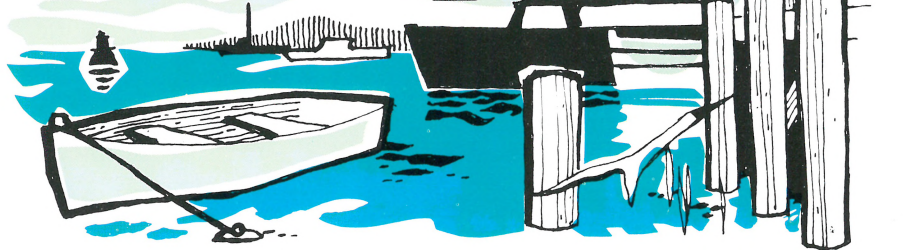
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Shrimp Marvels

From Maine



The Maine Shrimp



The species is called "Pandalus Borealis". We call them shrimp. Europeans call them prawns and serve this succulent seafood with gourmet care. Until recently this variety of shrimp has been an exclusively European delight to be fondly remembered by the returning traveler as the "tenderest, sweetest and most delectable shellfish obtainable".

Now the Maine seafood industry harvests millions of pounds of these shrimp from the icy waters of the North Atlantic in the Gulf of Maine and proudly sends them to market with the equally delectable Maine lobster. This booklet will introduce you to new shrimp delights.

The secret of the delicate flavor and texture of the Northern shrimp is in its preparation. The ultimate on-the-table appearance of this delicacy is of course limited only by the culinary genius of the chef, but it is advisable to follow the suggested basic preparation to insure optimum results from this epicurean delight.

Maine shrimp meat should be placed in a small amount of boiling water, to which has been added salt to taste and $\frac{1}{4}$ teaspoon of vinegar or lemon juice per pound. Stir briskly once. Cook for 45 seconds to a minute to protect the delicate flavor. Drain immediately, rinsing very well with cold water. From these basic preparations each can add his own personal touch to insure marvelous meals with Maine shrimp.

SHRIMP DIVAN

2 - 10 oz. pkgs. frozen broccoli
1 lb. raw shrimp meat
salt and pepper
Ac'cent
Fish blend herbs

1 can cream of celery soup
1 cup salad dressing
1 tablespoon lemon juice
 $\frac{1}{2}$ cup shredded cheese
1 cup buttered crumbs

Arrange broccoli in greased 7" x 11" baking pan. Cover with the shrimp. Sprinkle with salt, pepper, Ac'cent and a dash of fish blend herbs. Combine soup, mayonnaise, lemon juice and cheese. Stir together and pour over the shrimp and broccoli. Top with buttered crumbs. Bake 40 minutes at 350°.

Note: Crumbs may be fine dry bread, fine fresh bread, cornflake crumbs or package stuffing — mix with about 3 tablespoons melted butter.

SHRIMP SANDWICH FILLING

2 cups cooked shrimp meat
1 - 8 oz. cream cheese
salt - pepper - herbs
1/4 to 1/2 teaspoon sugar

dash of Worcestershire
1/4 teaspoon Ac'cent
Mayonnaise to mix

Mash cream cheese and shrimp together. Add seasonings to taste and enough mayonnaise or salad dressing to reach desired spreading consistency. Use as a spread for crackers, sandwiches or finger rolls.

MAINE SHRIMP PATE

1 lb. shrimp meat
2 tablespoons butter
salt and pepper
1/4 teaspoon Ac'cent

1/4 teaspoon herbs (fish blend)
1 package frozen peas (10 oz.)
1 can mushroom soup
2 cups well seasoned mashed potato

Cook shrimp in butter for a minute or two. Add seasonings and place in bottom of greased shallow casserole. Combine peas and mushroom soup and spread over shrimp. Top with mashed potato, placed over the entire top or in a ring around the edges, with a small opening at the center. Bake 30 minutes at 350°.

Note: You may want to turn the broiler on to finish browning the potatoes. And — this is an ideal way to use instant mashed potato. Quick and easy!

BEULAH'S SHRIMP BAKE

6 slices bread
1/2 lb. sliced American cheese
2 cups shrimp
2 1/2 cups milk

3 eggs
1/2 teaspoon salt
1/2 teaspoon prepared mustard
1/2 teaspoon paprika

Alternate layers of bread, cheese and shrimp in a well buttered 1 1/2 quart casserole, having cheese on top. Beat eggs slightly, add seasonings and milk. Pour over the layered ingredients. Bake 1 to 1 1/4 hours at 325°.

Note: This can be made up ahead and wait in the refrigerator for baking time.

SHRIMP AND DEVILED EGG CASSEROLE

12 deviled egg halves
1/2 lb. Maine shrimp
1 tablespoon butter
1 - 4 oz. can mushroom pieces

1 can cream of celery soup
1 cup diced cheddar cheese
1/3 cup milk

Place deviled egg halves in bottom of a Pyrex utility dish. Put shrimp (which have been cooked 1 minute with the butter) over the eggs. Scatter mushrooms and juice over shrimp. Combine soup, milk and cheese in saucepan and heat until cheese melts. Pour over other ingredients, top with buttered crumbs and bake about 25 minutes at 350°.

Note: You don't need a recipe for deviled eggs — just mash hard cooked yolks with seasonings, a little mustard and vinegar or salad dressing and put the mixture back into the empty halves.

BAKED SHRIMP

2 cups shrimp meat
2 eggs
¼ 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 to 8 minutes. Serve with your favorite sauce.

Note: You may prefer broiled shrimp. Follow the same recipe, but only cook 2 minutes on each side under the broiler.

ZESTY SAUCE FOR BAKED OR BROILED SHRIMP

1 cup chili sauce
1 cup mayonnaise
¼ cup pickle relish
1 hard cooked egg, chopped

½ teaspoon prepared mustard
½ teaspoon grated onion
1 tablespoon lemon juice

Combine all ingredients. Chill. Serve with baked or broiled shrimp. Excellent! And good party fare.

CURRIED SHRIMP — THE EASIEST

2 cups shrimp
1 can cream of celery soup
½ cup milk
2 tablespoons butter
½ teaspoon curry powder

3 tablespoons ketchup
2 cups boiled rice
salt and pepper as needed
2 tablespoons sherry

Combine all ingredients. Pour into greased 2 quart casserole. Top with buttered crumbs. Bake 20 to 30 minutes at 425°.

Tips and Tricks



Maine shrimp will be found in three forms. Canned, fresh and frozen. In early spring they come into the markets by the bushel in their shells. These should be washed, the heads broken off and then cooked in boiling salted water until the shells are red — about 2 minutes from the boiling point. Do not overcook. Cool and remove meat from shells by cutting the undershell and peeling it off. Maine shrimp do not have to be deveined!

The downright lazy way to go into shrimp cookery is to buy the shrimp meat, packaged in one-half or one-pound packages — they may be freshly shucked or frozen, but in either case the treatment is practically the same — just defrost the frozen ones so they can be separated. When boiling shrimp without the shell, cook 45 seconds to one minute in ¼ to ½ cup of water. You might like to add a little vinegar or lemon juice. They're done when they lose their glassy appearance and are curled up.

To freeze shrimp, pack raw meat in containers. Cover with a brine made of 1 tablespoon salt dissolved in 1 quart of water. Leave ½ inch headspace to allow for expansion. Set in cold water to defrost. When separated proceed with recipe.

If a recipe calls for 2 cups of shrimp, use a one-pound package of them — fresh or frozen. If you are dealing with shrimp in the shell, plan on getting about half what you start with — two pounds will yield about one pound of the most delicious shrimp flavor you've ever tasted. So get yourself some Maine shrimp and try the recipes in this booklet.

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