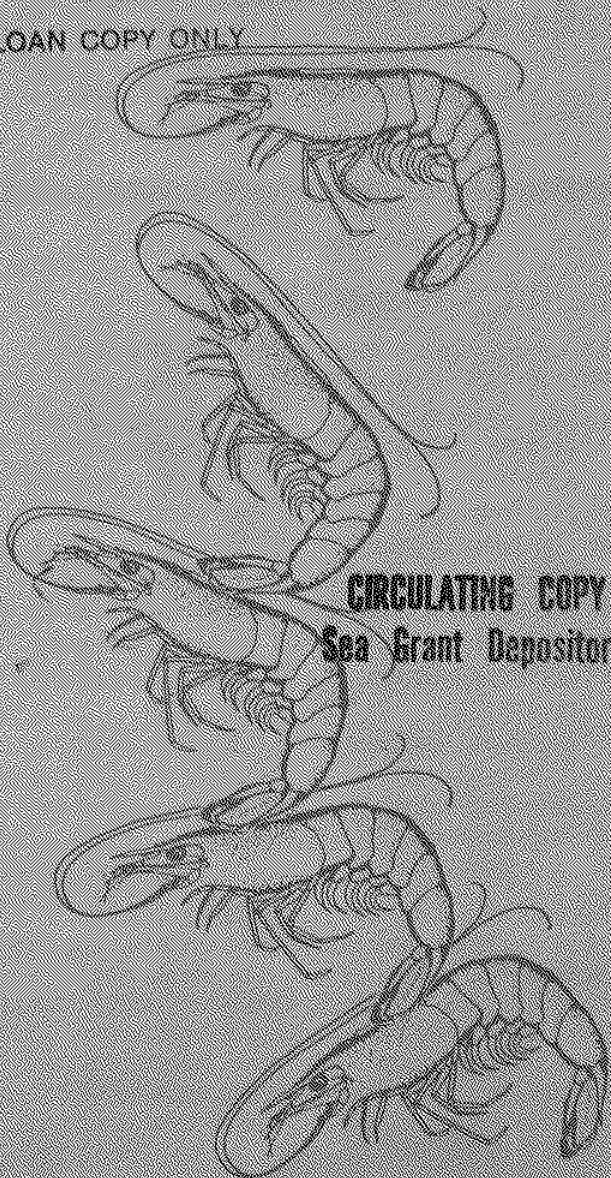


Celebrate Today with **SHRIMP**

LOAN COPY ONLY



CIRCULATING COPY
Sea Grant Depository

Texas A&M University
Sea Grant College Program

Texas shrimp! What a great taste to serve today or any day. Delicious, highly nutritious and reasonably priced (if you consider cost per serving), shrimp are versatile enough for any cooking style and most budgets. These eight dishes are just a sampling of the easy and exciting ways to celebrate with shrimp. You won't find fried shrimp in the medley, but rather, a few innovative choices to perk up your meal planning. So, let the celebration begin!

Cajun Shrimp Gumbo

A southern culinary masterpiece with charm and flavor as unique as our great state.

- | | |
|--|---|
| 3 pounds peeled shrimp, 26/30's or smaller | 1/4 cup chopped fresh parsley |
| 1/3 cup flour | 1 can (13 ounces) chicken broth |
| 1/3 cup liquid vegetable oil | 3 bay leaves |
| 2 cups chopped onions | 2 tablespoons Worcestershire sauce |
| 2 cups chopped celery | 1 tablespoon thyme |
| 1 cup chopped bell pepper | 1 tablespoon Kitchen Bouquet |
| 1 package (10 ounces) frozen cut okra | 2 teaspoons each garlic salt and pepper |
| 1 can (8 ounces) tomato sauce | Liquid hot pepper sauce to taste |
| | Hot cooked rice |

To make roux, heat oil in large cast-iron kettle, if available. When very hot, but not smoking, add half the flour. Stir constantly with wire whisk. Add remaining flour. Stir rapidly with whisk until dark and smooth. Add vegetables and cook until tender. Add tomato sauce, 2 cups water and chicken broth. Simmer for 1 hour. Add remaining ingredients except rice. Simmer for 15 minutes. Serve over hot rice. Makes 8 to 10 servings.

Shrimp and Wild Rice Stuffing

A far cry from a gummy bread stuffing, this tasty shrimp-wild rice duo will highlight any special meal.

- 1 pound peeled and deveined shrimp
- 2 tablespoons milk
- 1/4 cup chopped celery
- 1/2 teaspoon thyme
- 1/4 cup chopped onion
- 1/4 teaspoon salt
- 1/4 cup margarine
- Dash pepper
- 2 tablespoons chopped parsley
- 4 cups cooked wild rice
- 1 beaten egg

Cut shrimp into small pieces. Cook with celery and onions in margarine until vegetables are tender; about 2 minutes. Combine with remaining ingredients and mix thoroughly. Use mixture to fill the cavity of a fish, turkey or chicken or serve as a side dish. Makes 6 servings.

Shrimp Stuffed Fillets

What better combination than Texas shrimp and fish!

- 1 1/2 pounds cooked, peeled and deveined shrimp
- 8 4-inch long, thin fillets, skinned
- 1 1/2 cups soft bread crumbs
- 2 lightly beaten eggs
- 1/4 cup fresh lemon juice
- 1/4 cup white wine
- 3 tablespoons chopped fresh parsley
- 1/2 teaspoon dried dill
- 1/4 teaspoon salt
- 3 tablespoons margarine
- 1 tablespoon lemon juice

Place 4 fillets, skin side down on greased baking sheet. Mince the shrimp or grind in food processor. In mixing bowl, combine shrimp, crumbs, eggs, lemon juice, wine, herbs and salt. Spread stuffing on 4 fillets. Cover with remaining fillets. Drizzle with lemon juice and margarine. Sprinkle with paprika. Bake at 350 degrees for 20 minutes or until fish is opaque. Makes 4 servings.

Hot Shrimp Casserole

A colorful, hot shrimp entree that really teases the taste buds.

- | | |
|--|--------------------------------------|
| 1 pound cooked,
peeled and deveined
shrimp | 1 jar (2 ounces) sliced
pimientos |
| 2 cups chopped celery | 2 teaspoons grated
onion |
| ½ cup chopped green
pepper | 2 teaspoons lemon
juice |
| ½ cup toasted, slivered
almonds | ¼ teaspoon salt |
| ½ cup mayonnaise | 2 cups crushed potato
chips |
| 1 can (10½ ounces)
cream of celery soup | ½ cup grated cheddar
cheese |

Cut large shrimp in half. In a large mixing bowl, combine shrimp and remaining ingredients except chips and cheese. Pour into well greased casserole dish. Combine potato chips and cheese and sprinkle over casserole. Bake at 350 degrees for 15 to 20 minutes or until hot and bubbly. Makes 6 servings.

Shrimp in Garlicky Butter

Serve this "finger lickin' good" shrimp with French bread to soak up the sauce.

- | | |
|---|---------------------------------|
| 2 pounds headless,
shell-on shrimp,
16/20's or larger | 5 cloves minced fresh
garlic |
| ¾ pound butter or
margarine | ¼ cup chopped fresh
parsley |
| ½ cup fresh lemon juice | 1 tablespoon black
pepper |

Wash shell-on shrimp tails (green, headless) and place in a single or double layer in an oven proof baking dish. Combine remaining ingredients and pour over shrimp. Bake at 425 degrees for 5 minutes or cook on outdoor grill with hood closed. Shrimp is done when the shells are pink and the meat is opaque. Do not overcook. Makes 4 hearty servings.

Cameron County Shrimp Dip

A little Texas shrimp goes a long way in this tasty mixture with cream cheese.

- | | |
|--|-----------------------------------|
| 1 pound cooked shrimp, 51/60's or smaller | 1/2 cup finely minced onion |
| 2 packages (8 ounces each) softened cream cheese | 2 tablespoons tarragon vinegar |
| 1/4 cup mayonnaise | 1 tablespoon Worcestershire sauce |
| | Fresh parsley for garnish |

Chop shrimp if larger than 51/60's. Combine with remaining ingredients except parsley. Garnish and chill. Serve with fresh vegetable sticks. Makes 3 cups dip.

Creole Shrimp Butter

Something special for crackers, toast, English muffin or bagels.

- | | |
|-------------------------------------|---------------------------|
| 1/2 pound cooked, and peeled shrimp | 2 teaspoons horseradish |
| 1/2 cup margarine | 1/4 teaspoon salt |
| 2 tablespoons fresh lemon juice | 1/2 teaspoon white pepper |
| | Dash cayenne pepper |

Thoroughly chill shrimp. Use food processor or sharp knife and finely chop shrimp. Combine remaining ingredients and mix into shrimp. Chill. Place in attractive serving bowl and sprinkle with paprika. Serve with hot rolls or bread item of your choice. Shrimp Butter is also good on baked potatoes. Makes 1 1/2 cups spread.

Bacon Wrapped Shrimp

Savory hot shrimp hors d'oeuvres broiled to heavenly perfection.

1 pound peeled and deveined shrimp, 26/30's

Garlic salt
Chopped fresh parsley
Wooden picks

Bacon slices

Using the leanest third of bacon slices, place a shrimp on each piece. Sprinkle with garlic salt and parsley. Skewer ends of bacon around shrimp with wooden picks. Bake at 350 degrees for 2 minutes, then broil until bacon is done. Makes 26-30 hors d'oeuvres.

NATIONAL SEA GRANT DEPOSITORY
PELL LIBRARY BUILDING
DURHAM, NARRAGANSETT BAY CAMPUS
NARRAGANSETT, RI 02882

Developed by Annette Reddell Hegen
Seafood Consumer Education Specialist
Texas Marine Advisory Service
Texas A&M University

The Texas Marine Advisory Service is the Extension arm of the Texas A&M University Sea Grant College Program. With additional support from the Texas Agricultural Extension Service, MAS staff members work to apply the expertise and research capabilities of the University to the problems of coastal communities and the marine industry.

RECEIVED
NATIONAL SEA GRANT DEPOSITORY,
DATE: JUL 02 1985

TAMU-SG-85-504
60M 6/85
NA83AA-D00061
A/F-4