



Shrimp Scampi

Florida Seafood at Your Fingertips **LIVE!**

Difficulty: Simple

Total time: 10-15 min

Servings: 4

Ingredients:

- 1 box** spaghetti or linguine
- 2 Tbsp** olive oil
- 4 Tbsp** butter
- 4-5** large garlic cloves, minced
- 1 ¼ pounds** large shrimp, shelled with tails on or off
- ¼ cup** dry white wine or broth
- ½ tsp** crushed red pepper flakes or to taste (optional)
- 2 Tbsp** lemon juice
- ¼ cup** chopped parsley
- Freshly ground black pepper (to taste)
- Coarse sea salt (to taste)

Instructions:

- 1.** For the pasta, put a large pot of water on the stove and bring to a boil. Cook pasta to al dente according to directions on package. Drain pasta.
- 2.** Meanwhile, heat olive oil and 2 tablespoons of butter in a large pan or skillet.
- 3.** Add garlic and sauté until fragrant (about 30 seconds to 1 minute).
- 4.** Add the shrimp, season with salt and pepper to taste and sauté for 1-2 minutes on one side, then flip.
- 5.** Pour in wine or broth, add red pepper flakes (optional). Bring to a simmer for 1-2 minutes or until wine reduces by about half and the shrimp is cooked through (be careful to not overcook the shrimp).
- 6.** Stir in the remaining butter, lemon juice and parsley and take off heat immediately.
- 7.** Serve shrimp over pasta.



 @floridaseagrant

 @floridaseagrant

 Florida Sea Grant

 Florida Sea Grant



UF | IFAS Extension
UNIVERSITY of FLORIDA



Shrimp Scampi

Florida Seafood at Your Fingertips **LIVE!**

Difficulty: Simple

Total time: 10-15 min

Servings: 4

Florida Seafood at your Fingertips Species Profile:

There are five species of shrimp landed commercially in Florida: white, pink, brown, royal red, and rock. **White shrimp** from the waters along Florida's Atlantic coast have a sweet taste and a firm meat. White shrimp tend to be caught near shore in shallower waters and do best in areas of lower salinities. Their shells are gray with a blue tint when raw but "pink up" when cooked. **Pink shrimp** from Gulf of Mexico waters make up the majority of Florida's wild-caught shrimp. Shells are light pink with a pearl-like texture and a distinguishing pink dot on the tail. The meat is white with pink tones and has a firm, tender texture and a mild sweet flavor. **Brown shrimp** aka "Brownies" tend to be found in deeper waters and higher salinities than white shrimp. They are in both Gulf of Mexico and Atlantic waters and have a stronger ocean flavor due to higher iodine content with a firmer texture than white shrimp. Shells are reddish-brown and turn pink when cooked. **Royal Red shrimp** are mostly caught in the deep waters of the Atlantic, and have a deep red color, a soft, delicate texture, and a unique briny ocean flavor. Deep water shrimp harvesting is more difficult and limits the availability of royal reds. They are normally harvested March through June. **Rock shrimp** are named for their tough, rock-hard shell. The cooked meat is white with red skin tones and has a sweet shrimp taste with a firm lobster-like texture. Most are sold fresh or frozen, raw, peeled, and deveined. Virtually all rock shrimp are caught by boats equipped with on-board freezers to immediately preserve the product until it is further processed on shore.

Where to buy:

Shrimp can be purchased frozen year-round but there are specific times of the year when the various species can be purchased fresh. You can buy shrimp at all major grocery stores and local seafood markets.

Sustainability:

Shrimp are the most popular seafood in the United States and are a naturally renewable resource. Nature has made shrimp extremely fertile with a single female releasing as many as 300,000 eggs per spawn. The shrimp life cycle from eggs hatching to growing into mature shrimp occurs in less than one year. The size of the annual crop is primarily determined by weather events and water quality. Therefore, shrimp production tends to fluctuate from one year to the next, and makes annual variation in harvest normal.

 @floridaseagrant

 @floridaseagrant

 Florida Sea Grant

 Florida Sea Grant



UF | IFAS Extension
UNIVERSITY of FLORIDA