



Boom Boom Shrimp

Florida Seafood at Your Fingertips **LIVE!**

Difficulty: Simple

Total time: 15 min

Servings: 6

Ingredients:

1.5 lb raw shrimp, large or medium (thawed, easy-peel recommended)

1.5 tsp pure corn starch

1 Tbsp vegetable or canola oil

5 Tbsp mayonnaise

3 Tbsp Thai sweet chili sauce

1Tbsp Sriracha chili sauce (*optional*)

Instructions:

1. Peel shrimp by removing the entire shell, including the tail.
2. Heat oil over medium-high heat in a non-stick pan or wok.
3. Toss shrimp and corn starch together until shrimp are evenly coated.
4. Add Shrimp to hot oil and cook about 1½ minutes per side- Shrimp meat will be fully opaque when cooked and the corn starch should form into a crispy brown coating on the outside of the shrimp-
5. Combine mayonnaise, chili sauce, and sriracha in a clean bowl and stir to combine.
6. Once cooked, combine shrimp and sauce and toss to coat.
7. Serve over a bed of lettuce with scallions on top as an appetizer, or use as a taco/wrap filling, or build a dinner salad around these delicious morsels!



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Florida Seafood at your Fingertips Species Profile:

In Florida, there are three species of commercially important shrimp that are very similar: pink, brown, and white shrimp. These three species are all in the same family (Penaeid shrimp) and are hard to tell apart to the untrained eye. Adult shrimp live in shallow, inshore waters but move offshore to spawn in deeper water each year. Young shrimp stay in shallow estuaries, an important nursery habitat, until they are mature enough to spawn. The USDA says the general population should eat at least 8 ounces of seafood per week, aiming to take in at least 250 mg per day of omega-3 fatty acids. Shrimp is a great source of these healthy omega-3s, with only ~120 calories in a plain 4 oz. serving, so eat up!

Where to buy:

Shrimp are America's most popular seafood, and therefore some type of shrimp can be found at almost any place that sells seafood. Farm-raised, frozen shrimp are perfectly acceptable for this recipe and can be found year-round in most major grocery chains. If you are interested in local/wild-caught shrimp, you can often find these at major grocery chains or local seafood markets. Florida has several shrimp species that are harvested at different times in different places throughout the year, so availability of Florida shrimp might vary depending where you live. Find out more, including tips for buying in-season with the best quality, at <https://www.fdacs.gov/Consumer-Resources/Buy-Fresh-From-Florida/Seafood-Products/Shrimp>.

How to catch:

It is possible to harvest your own shrimp recreationally in Florida, though most people simply buy them from the store. You can harvest them using traps or various types of nets, and oftentimes people go shrimping during the nighttime hours. If you are interested in catching your own shrimp, make sure you follow harvest regulations found at <https://myfwc.com/fishing/saltwater/recreational/shrimp/>.

Sustainability:

Historically, there were many concerns with the sustainability of both wild-caught and farm-raised shrimp. These concerns related to by-catch in the wild shrimp fisheries, especially of sea turtles, and the destruction of coastal habitats for shrimp farms. Increases in regulations and oversight of both wild-caught and farm-raised shrimp production has increased in recent decades. Many seafoods are marked with seals or other logos that indicate that they have been sustainably harvested or raised and that can be one way check. You could also consult a website such as Seafood Watch to understand all of the choices in more depth (<https://www.seafoodwatch.org/seafood-recommendations/groups/shrimp>). Finally, your local seafood retailer might also be able to offer you more information about the harvest methods and sustainability of each choice.

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