



## CATANESE CLASSIC SEAFOOD SHRIMP, GULF

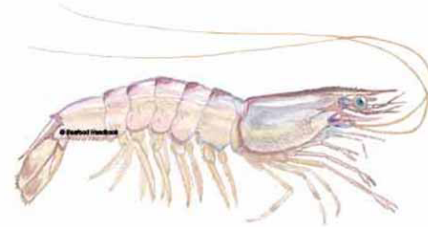
Brown, white and pink shrimp are a triad of warmwater animals known collectively as “Gulf shrimp.” Commercially important to both the United States and Mexico, Gulf shrimp are found along the southeastern U.S. coast, as far north as Maryland, and along the entire western Gulf, particularly on Mexico’s Campeche Banks. All Gulf shrimp are harvested from the wild with trawl nets. Pink shrimp are the largest Gulf species, reaching 11 inches. They are usually sold with their heads still on, giving the impression of a lot of shrimp, since two-thirds of the body length is the head. Gulf whites are concentrated south of the Carolinas, however, the bulk of the harvest comes from the Gulf of Mexico. White shrimp grow to 8 inches. Variations in shell color can cause white shrimp to be confused with brown shrimp from the same area. Brown shrimp are concentrated off the Texas/Louisiana coast.

### PRODUCT PROFILE

Gulf shrimp are generally flavorful and sweet, with slight variations in taste according to the species. Pinks are tender and sweet. Browns are firm, though somewhat bland, and sometimes have a hint of iodine. Whites, the standard against which other shrimp species, domestic and imported, are often measured, are sweet and firm. It can be hard to tell the Gulf species apart. Part of the confusion stems from naming them by colors: white, pink and brown, since a pink can look white, a brown can be gray, etc. Cooked shells of all species are pinkish-red. Raw meats are translucent pink to gray. Cooked meats are pearly white with pink and red shadings.

### COOKING TIPS

Flavorful and firm Gulf shrimp can be breaded, stuffed, boiled with spices or barbecued. Shrimp cooks in just 60 to 90 seconds at a rapid boil. When the meat turns opaque, it’s done. Remember not to overcook – it will toughen the meat.



### NUTRITION FACTS

Calories	106
Fat Calories	15.3 g.
Total Fat	1.7 g.
Saturated Fat	0.3 g.
Cholesterol	152 mg.
Sodium	148 mg.
Protein	20.3 g.
Omega 3	0.53 g.

### PRIMARY PRODUCT FORMS

Fresh: Tails (raw or cooked)  
Frozen: Whole (raw or cooked), Tails (cooked),  
Blocks, IQF  
Value-added: Butterflied, Breaded

### GLOBAL SUPPLY

Mexico, United States

### COOKING METHODS

Bake  Boil  Broil  Fry  Grill  
 Pate  Poach  Saute  Smoke  Steam