

SHRIMP, PACIFIC WHITE

ABOUT

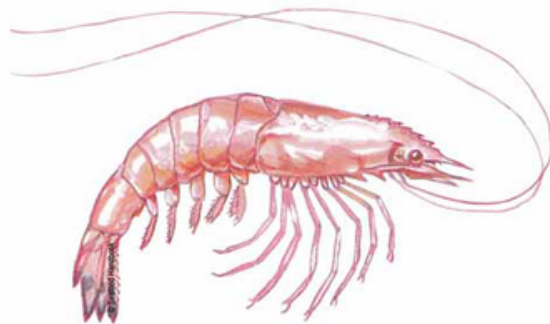
Pacific white shrimp are among the most widely cultivated shrimp in the world. This is due mainly to ease of cultivation and rapid growth rate; harvesting begins after 120 days. The two warmwater species known as Pacific whites are *Penaeus vannamei*, found from Sonora, Mexico, to northern Peru, and *P. stylirostris*, which ranges from Baja, California to Peru. Both are also harvested from the wild by trawlers, though the volume of farmed is considerably greater than trawl-caught supplies — especially *vannamei* from Ecuador. In the United States, Pacific whites are farmed in Texas and South Carolina. Similar to Gulf white shrimp, both of these Pacific species can reach about 9 inches. IQF and block-frozen whole shrimp are becoming more popular as farmers look to pass processing costs on to end-users. Quality of pond-raised Pacific white shrimp is normally high.

PRODUCT PROFILE

Pacific white shrimp is firm, sweet and mild. Though it may be difficult to tell them from Gulf whites, if you look closely, you'll see that *P. vannamei* are creamy white, while Gulf whites are grayish-white. Raw meat of both species is white but turns whitish pink when cooked. Peeled shrimp are usually dipped in phosphates to minimize drip loss. It's a standard practice, as long as the product isn't oversoaked, and should be stated on the label. Thawed shrimp that feels "soapy" has been soaked too long and has absorbed excess water.

COOKING TIPS

For a classic, use large Pacific white shrimp to make Scampi in Wine. Add one finely chopped garlic clove and 2 teaspoons of finely chopped parsley to 3 tablespoons of melted butter. Brown lightly. Add 1 tablespoon of fresh lemon juice, 1/3 cup of dry white wine and salt and pepper, to taste. Add 1 pound of shelled, deveined shrimp. Sauté quickly, stirring until done.



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

Frozen: Whole (raw or cooked), Blocks, IQF, Cooked headless, Split, butterfly, fantail, Pieces
Value-added: Breaded, Prepared entrées

GLOBAL SUPPLY

Brazil, China, Colombia, Ecuador, Guyana, Honduras, India, Mexico, Nicaragua, Panama, Thailand, United States, Venezuela, Vietnam

COOKING METHODS

☐ Bake ☒ Boil ☒ Broil ☐ Fry ☒ Grill
☐ Pate ☐ Poach ☒ Saute ☒ Smoke ☒ Steam