

ABOUT

The rock shrimp is a deepwater cousin of the pink, brown and white Gulf shrimp species (*Penaeus* spp.), but its popularity in the domestic market was slower to develop. The crustacean gets its name from its rock-hard shell, which presented a challenge for processors until a machine was developed to split the tough exoskeleton and devein the shrimp, boosting its availability. Rock shrimp occur from Norfolk, Va., south through the Gulf of Mexico to Mexico's Yucatan Peninsula. They are harvested by trawling with reinforced nets that can withstand abrasion from coral and rocky bottoms, where the shrimp are caught. Most of the domestic catch is landed on Florida's east coast. Because rock shrimp are so hard for end users to peel, almost all the harvest is sold as meats. The shrimp are generally small; the largest size is about 21 to 25 shrimp per pound.

PRODUCT PROFILE

Raw rock-shrimp meat is transparent or clear white, with fine pinkish or purple lines. The shrimp has a firm texture and sweet, succulent flavor, similar to lobster.

COOKING TIPS

The rock shrimp's small size suits it for almost any recipe that doesn't require whole shrimp for presentation. P&D meats or pieces are ideal for stir-fries and other quick recipes, like pasta dishes and pizza. If using shell-on rock shrimp, split and broil 4 inches from the heat source for 2 minutes or until meat is opaque in the shell. Or drop into salted, boiling water, stir and cook for 35 seconds. Drain in a colander and rinse with cold water.



NUTRITION FACTS

Calories	96
Fat Calories	8 g.
Total Fat	0.9 g.
Saturated Fat	0.4 g.
Cholesterol	12.8 mg.
Sodium	333.3 mg.
Protein	18.4 g.
Omega 3	N/A

PRIMARY PRODUCT FORMS

Fresh: P&D meats (most common), Whole, Headless (shell-on or split)

Frozen: P&D meats (most common), Whole, Headless (shell-on or split), Blocks

Value-added: Breaded meats

GLOBAL SUPPLY

Mexico, United States

COOKING METHODS

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