CATANESE CLASSICS

Shrimp, White (Farmed)

ABOUT

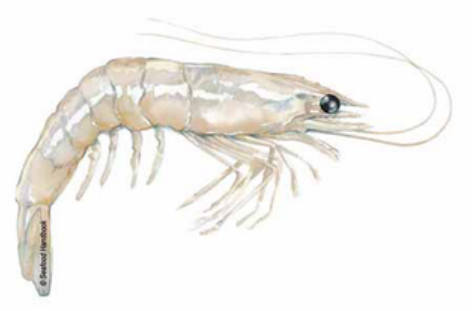
Whites are harvested from farm ponds and they can grow to more than 7 inches. A tropical shrimp, Whites are grown in cooler waters than most Penaeids and have a fragile meat more characteristic of coldwater shrimp. Whites should be of uniform color, size and condition and should smell like seawater. Chlorine smells may indicate use of this chemical to mask off-odors. Grassy or corn-on-the-cob odor is associated with pond-raised shrimp.

PRODUCT PROFILE

Whites have a mild flavor. The cooked meat is softer than Gulf or Pacific whites in texture. Raw meat should be firm, slightly resilient and moist. Most raw shrimp meat is translucent white to gray. Cooked meat is white with pink streaks. The shells of white, brown and pink shrimp are generally colored as their names imply, though variations are such that brown and white shrimp can sometimes look alike. White shrimp have a translucent white shell with pink tinges on the rear segments and swimmer fins.

COOKING TIPS

Shrimp cook quickly; two minutes should be sufficient. They're done when tails curl and meat is no longer translucent. Spice up whites with a garlic sauce. Lightly salt a pound of deveined white shrimp. Heat 1/4 cup of olive oil in a skillet. Add four sliced garlic cloves and one dried hot red chili, seeded and cut into four pieces. Sauté until garlic is light brown. Add shrimp and cook over high heat, 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, Blocks, IQF, Cooked, Split, butterfly, fantail, Pieces
Value-added: Breaded, Canned (small shrimp), Frozen tins, Dried, Prepared entrées

GLOBAL SUPPLY

China, Japan, Korea

COOKING METHODS

- [ ] Bake
- [ ] Boil
- [x] Broil
- [ ] Fry
- [x] Grill
- [ ] Pate
- [ ] Poach
- [x] Saute
- [ ] Smoke
- [x] Steam