

## Shellfish Preparation

### PEEL THE SHRIMP

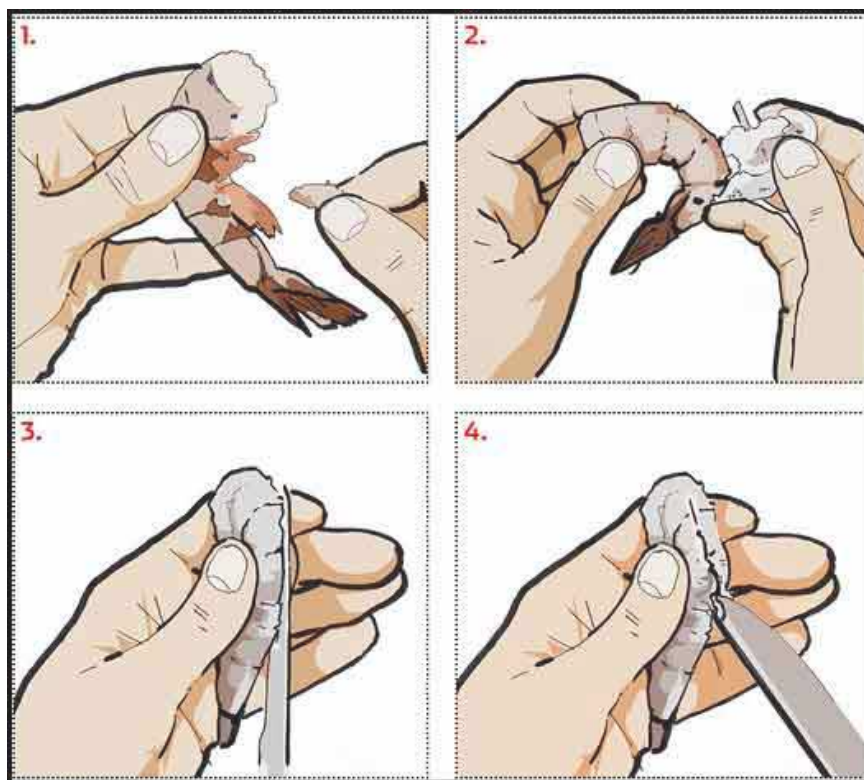
Open the shell lengthwise down the body on its belly side (the inside curve). Starting at the head end, peel back the shell. Gently pull on the tail to remove it, or, if you prefer, leave the tail intact.

### CUT A SLIT ALONG THE BACK

Use a sharp knife to make a shallow slit along the back of the shrimp from the head to tail end.

### DEVEIN THE SHRIMP

Using the tip of your knife, locate the vein. Place the tip of your knife under the vein and lift it out. Rinse the shrimp under cold water. Please note: the vein is the intestinal tract and can impart an unpleasant taste if left in the shrimp.



## How To Cook Shrimp

### **BOILING SHRIMP - BEST FOR SHRIMP COCKTAIL**

Bring a large saucepan filled with lightly salted water to a boil. Add the shrimp to the boiling water. Cook for 1 to 3 minutes or until the shrimp are pink and opaque. Drain and rinse shrimp in a colander under cold running water.

### **GRILLING SHRIMP**

Over medium heat, grill shrimp for 6 to 8 minutes, 3-4 minutes per side, or until opaque. Check for a pink color on the outside. Cut into one of the shrimp to make sure the flesh is opaque throughout.

*\*Note: It may be advantageous to use a skewer or grilling basket to ensure shrimp do not fall into the bottom of the grill.*

### **BAKING SHRIMP**

Preheat the oven to 350°F. Place the shrimp on a baking sheet and toss with the olive oil and season to taste. Roast for 6-8 minutes, or until the shrimp are pink and just cooked through.

### **PAN-SEARED SHRIMP**

Heat olive oil in a skillet over medium-high heat. Sear shrimp for 3-4 minutes per side or until opaque.

