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## Safely Cooking Seafood: Shrimp

### Basic cooking tip:

Shrimp can be cooked in multiple ways before consumption. The most important thing to remember is that the right temperature must be achieved to ensure harmful bacteria that can cause illness are killed. Using a clean food thermometer to measure the temperature can help make sure foods are cooked all the way through. Proper temperatures or tips to know shrimp are fully cooked:

- Flesh is pearly & opaque
- Has a “C” shaped appearance
- Leftovers: 165 degrees F



### The multiple uses of shrimp:

Shrimp can be used in casseroles, salads, and pasta dishes. Make sure to cook properly before adding to your chosen dish.

### Cooking Methods for Shrimp:

1. Dry Heat: baking, grilling, broiling
  - Shrimp can be cooked in 2-4 minutes total, or 1-2 minutes on each side.
  - Peeled and deveined shrimp cooks in 3-5 minutes.
2. Moist Heat: poaching, steaming, boiling
  - Steamed shrimp cooks in 3-5 minutes.
  - Bring 4 cups of water to a boil for each pound of shrimp.
  - Simmer for 3-4 minutes per pound of shrimp.
3. Frying: pan fry, sauté, or deep fry
  - Pan fry or sauté: shrimp cooks in 7-9 minutes.
  - Deep fry breaded shrimp in oil at 365 degrees F until golden brown.

**Important tip:** Shrimp will continue to cook after being removed from heat. To prevent overcooking, some recipes call for dipping in ice water after removing from heat.