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DEPARTMENT OF THE INTERIOR  
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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PLENTY OF SHRIMP AVAILABLE FOR LENTEN MENUS

Shrimp--one of our most popular shellfish--will be plentiful this Lenten Season, reports the Fish and Wildlife Service.

Not many years ago only a favored few near the South Atlantic and Gulf Coasts could brighten their menus with shrimp. Today, as a result of modern fishing and marketing methods, shrimp--fresh, frozen, cooked and canned--are available in all parts of the country.

Shrimp are customarily sold according to size or grade. This is based on the number of heads-off shrimp to the pound. The largest size will number 15 or fewer shrimp to the pound; the smallest will have 60 or more shrimp to the pound. Large shrimp generally cost the most, but take less time to peel and clean, while small shrimp cost less per pound, but take a longer time to prepare. However, all sizes have the same fine flavor and food value.

Homemakers who have the impression that shrimp are used only in cocktails and salads will find that many delicious and satisfying main dishes may be prepared using these popular shellfish.

The home economists of the Fish and Wildlife Service offer the following recipe for "Shrimp Creole" as an ideal method of preparing this appetizing, nutritious, and plentiful shellfish.

SHRIMP CREOLE

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1½ pounds shrimp, fresh or frozen | 1 teaspoon chili powder |
| ¼ cup chopped onion               | Dash pepper             |
| ¼ cup chopped green pepper        | 1 teaspoon salt         |
| 1 clove garlic, finely chopped    | 2 cups canned tomatoes  |
| ¼ cup butter or other fat, melted | Rice ring               |
| 3 tablespoons flour               |                         |

Peel shrimp, remove sand veins, and wash. Cut large shrimp in half. Cook onion, green pepper, and garlic in butter until tender; blend in flour and seasonings. Add tomatoes and cook until thick, stirring constantly. Add shrimp and simmer uncovered for about 20 minutes. Serve in a rice ring. Serves 6.

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