

Get Hooked on



Mississippi Seafood

www.shrimp.mississippi.gov



Mississippi Department of Marine Resources
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Mississippi

Shrimp Recipes



Wild Caught Mississippi Gulf Shrimp



Gulf Shrimp

Nutritional Information
100 g. = 3.5 oz. raw

Calories: 90
Fat Calories: 7
Total Fat: 0.8 grams
Saturated Fat: 0.2 grams
Cholesterol: 96 mg.
Sodium: n/a
Protein: 19.4 grams
Omega-3: 0.3 grams

Source: Seafood Handbook Poster 2003



Who We Are

The Mississippi Department of Marine Resources (DMR) is a diverse team of fisheries biologists, wetlands ecologists and other resource management professionals, working together to manage Mississippi's coastal resources. The DMR and the Commission on Marine Resources play an important role in managing and implementing the following key program areas:

- Tidelands Trust Fund Administration
- Recreational Fisheries Management
- Fishing Reef Development
- Commercial Fisheries Management
- Oyster Reef Revitalization
- Shellfish Growing Waters Management
- Seafood Licensing
- Seafood Plant Inspection and Certification
- Technical Assistance to Seafood Industry
- Marine Patrol
- Coastal Preserves
- Public Access Development
- Coastal Zone Management
- Clean Vessel Act
- Boat and Water Safety
- Derelict Vessel Act
- Marine Litter
- Geographical Information Systems and Data Management
- Wetlands Permitting and Federal Consistency
- Dredging and Beach Renourishment

MISSISSIPPI DEPARTMENT OF
MARINE RESOURCES



State of Mississippi
The Honorable Haley Barbour, Governor

Mississippi Commission on Marine Resources

Mississippi Department of Marine Resources
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Richard Gollott, Vice Chairman <i>Harrison County</i>	Commercial Seafood Processor
Shelby Drummond <i>Jackson County</i>	Recreational Sports Fisherman
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Irvin W. Jackson
Director, Mississippi Seafood Marketing Program

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Louisiana Foodservice Expo 2008

Get Hooked on Mississippi Seafood:

Buy Mississippi, Buy Wild, Buy Gulf of Mexico
By Irvin Jackson

The Gulf of Mexico offers a variety of wild seafood. Gulf Seafood is grown wild in a natural environment without the use of chemicals or antibiotics. If you are looking for quality and exceptional taste, visit our web-site at www.dmr.state.ms.us and click on Seafood Marketing for a listing of Mississippi Seafood businesses offering Shrimp, Oysters, Blue Crab, and a variety of saltwater Finfish, all naturally grown and harvested from the Gulf of Mexico. Also available on the web-site are many exciting recipes from our two cookbooks “Seafood Recipes, South Mississippi Style”.

Mississippi Gulf Shrimp, Oysters, Blue Crab and Saltwater Finfish are of the highest quality with exceptional taste and are available right here in our own country. Mississippi wild caught seafood is clearly heads and tails above any foreign contenders.

Four types of Mississippi Gulf Shrimp including Brown Shrimp (*Penaeus Aztecus*), White Shrimp (*Penaeus Setiferus*), Pink Shrimp (*Penacus Duorarum*), and Royal Red Shrimp (*Hymenopenaeus Robustus*) are available both fresh and frozen.

There are many reasons why our Mississippi Gulf Seafood, and in particular, Mississippi wild caught Gulf Shrimp should be used. The most obvious reason is quality. In order to create and maintain a reputation for quality in any dish, the main ingredient must be first rate. Mississippi Gulf Shrimp fit this requirement and they are available right here in our own country. The reason for this is simple: Gulf of Mexico Shrimp grow naturally in the wild without the use of chemicals or antibiotics. For superior taste, our Mississippi Gulf Shrimp are at the top of the scale. Those of us who appreciate fine food know what this means when preparing any dish requiring shrimp or other seafood. Gulf Shrimp when cooked, have a firm but not chewy texture with what some have described as a slightly sweet taste. Please enjoy all the great recipes in this publication and remember that the Mississippi Gulf Coast offers some of the finest seafood in the world.

Ask for Mississippi wild-caught Gulf Shrimp at your seafood market, grocery store or restaurant to be sure you’re getting the best.

Mississippi Gulf Shrimp with Orzo



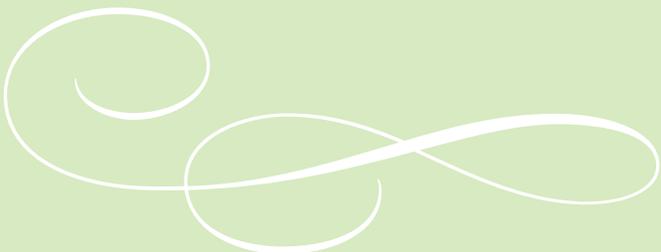
- 1/2 lb. Mississippi Gulf Shrimp
- 1 c. uncooked orzo (orzo is a tiny pasta)
- 1 diced tomato
- 1 c. green onions
- 4 oz. feta cheese, crumbled
(tomato-basil feta cheese works well also)
- 1 tbsp. lemon juice
(Old Bay seasoning, optional)

Sauté shrimp in butter, garlic and basil until shrimp are pink (about 5 minutes).

Cook orzo for about 5 minutes (follow instructions on bag) and drain.

Add all other ingredients except shrimp. Mix well. Place in a foil bag (put shrimp on top of orzo mixture). Bake 350 degrees for 20 -25 minutes, until mixture is hot. Serve with French bread.

Pat Daughdrill
Administrative Services



Mississippi Gulf Shrimp and Eggplant Casserole

- 1 lb. Mississippi Gulf Shrimp, cleaned and peeled
- 4 c. eggplant, peeled and cubed
- 1 c. green bell pepper, diced
 - 1 c. onion, diced
 - 1 c. celery, diced
- 2 cloves garlic, crushed
- 2 c. rice, cooked
- 1 tbsp. Worcestershire sauce
 - 2 tbsp. butter
 - 2 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. thyme
- 3/4 c. mayonnaise
- 1 c. bread crumbs

Sauté bell pepper, onion, celery, eggplant and garlic in butter. Add remaining ingredients and mix well, except bread crumbs. Place in a 2 qt. casserole dish, spread bread crumbs over the top and bake in preheated oven at 350 degrees for 45 minutes.

Jan Boyd
Coastal Ecology

Eggplant and Mississippi Gulf Shrimp

- 2 medium to large eggplants
- 2 lb. small peeled Mississippi Gulf shrimp
- 1 box seasoned bread crumbs
- 1 box unseasoned bread crumbs
- 1/2 pack of saltine crackers (crushed)
- 2 medium onions
- 1 large green (bell) pepper
- 5 stalks celery
- 5 cloves garlic
- salt and pepper to taste
- cayenne pepper to taste

Peel and boil eggplant until tender. Drain really well and mash with a clean hand. Cut up onion, green pepper and celery into chopped-like size (small), put into sauce pan, cover with water and cook until tender. Add garlic and shrimp, and cook 5 more minutes. Place bread crumbs and crackers in a large baking dish; add mashed eggplant, other seasonings and shrimp to bread crumbs. Add a little more water if needed. Add cayenne now if desired. Bake at 350 degrees for about 1 to 1 1/2 hour until golden brown on top.

Linda McCarthy
Administrative Services



Eggplant Casserole with Shrimp

- 1 lb. Mississippi Gulf shrimp (boiled and peeled)
- 3 eggplants, peeled and diced
- 4 green onions, chopped
- 1 yellow onion, chopped
- 2 stalks celery
- 8 oz. cheddar cheese, cubed
- 1 can cream of chicken soup
- 8 oz. ham, diced
- 2 eggs
- 1 and 1/2 packs Ritz crackers, crushed

Boil eggplant and drain. Saute onions and celery. Mix all ingredients, salt and pepper to taste. Bake at 350 degrees for 45-60 minutes.

Irvin Jackson
Directorate

Mississippi Gulf Shrimp Quiche

- 1 c. (or more) Mississippi Gulf Shrimp
- 3 tbsp. green onions
- 2 tbsp. butter
- 3 tbsp. white wine or vermouth
- 1 c. whipping cream
- 3 eggs, beaten
- 1 tsp. tomato paste

Melt butter and sauté onions until soft. Add shrimp, white wine or vermouth and cook until almost evaporated. Add shrimp mixture to remaining ingredients and pour into partially cooked pie shell. Bake at 350 degree for 25-30 minutes.

Pat Daughdrill
Administrative Services



Shrimp Quiche

- 1 deep dish pie crust
- 9 oz. boiled, seasoned Mississippi Gulf shrimp
- 1 1/4 c. grated Swiss cheese
- 1/4 c. finely chopped onion
- 3 eggs, beaten
- 1 tbsp. lemon juice
- 1 tsp. chives
- 3/4 tsp. garlic salt
- 1 tsp. salt
- 1/8 tsp. pepper
- 1 1/4 c. evaporated milk

Boil small shrimp in crab/shrimp boil; peel and set aside. Preheat oven to 450 degrees, and follow directions on pie crust package for thawing. Prick bottom of pie crust with fork. Bake on a cookie sheet for approximately 5 minutes. Remove crust from oven. Distribute shrimp over bottom of pie crust. Sprinkle cheese and onions liberally over shrimp. Beat together eggs, milk, lemon juice and seasonings. Pour mixture over shrimp and return to oven for 15 minutes. Reduce oven to 350 degrees and bake until top is golden brown. Mmm....good. Serves 4.

Dr. Fred Deegen
Deputy Director

Recipe by Lynn Deegen.

Quick Mississippi Gulf Shrimp Creole

- 2 lbs. raw Mississippi Gulf Shrimp, shelled (weight is after shelling)
- 1 c. bell pepper chopped
- 1/2 c. onion chopped
- 1/4 c. celery finely chopped
- 1 tsp. minced garlic
- 1 jar Prego Traditional tomato sauce (don't substitute brands)
- 1 bay leaf
- 6 slices bacon*
- 1 c. seasoned chicken stock
- Cayenne to taste
- 3-4 tbsp. olive oil
- 3-4 tbsp. flour (optional)

In a large heavy pot, cook bacon until crisp, when done remove and set aside. Reserve about 1 tablespoon of the drippings and add the first four ingredients sauté until soft, add shrimp and sauté until they begin to turn pink then add Prego, chicken stock, and bay leaf to mixture. Bring to a simmer and allow to cook 30 minutes. If thickening is needed, in a small skillet add the flour and olive oil to make a roux.

* For a healthier version eliminate bacon and substitute olive oil to sauté.

Roxanne Russell
Administrative Services

Shrimp Creole

5 lb. Mississippi Gulf shrimp, cleaned and deveined

1/2 c. butter (1 stick)

2/3 c. flour

2 (14-oz.) cans tomato sauce with tomato bits

2 1/2 c. chopped onion

1 large bell pepper (chopped)

1 c. chopped celery

3 1/2 c. hot water

1 tsp. dried thyme

2 bay leaves

4 tsp. sugar

2 cloves garlic, minced

4 tsp. salt

2 tsp. cayenne pepper

1 tsp. black pepper

Dash of Tabasco sauce

1/4 c. chopped parsley

Hot cooked rice

Saute shrimp in butter in a large skillet for 5 minutes or until pink. Remove shrimp from pan; add flour and brown lightly; add onion, bell pepper and celery, and saute until tender, about 5 minutes. Add tomato sauce, water, thyme, bay leaf, sugar, garlic, salt, peppers and Tabasco sauce. Stir well and simmer, covered, for 30 minutes, stirring occasionally. Add shrimp and cook 10 minutes longer. Add parsley just before serving. Serve over hot rice.

Serves 12-15

Corky Perret
Marine Fisheries Director

Jerry's Mississippi Gulf Shrimp Jambalaya Creole

10 lbs. Mississippi Gulf Shrimp, cleaned and peeled

6 onions, diced

1 red bell pepper, diced

1 green bell pepper, diced

1 whole celery, cut up

2 bunches green onions, cut up

1 lb. bacon cut into small pieces

2 lbs. smoked sausage, cut up

10 lb. bag of chicken leg quarters

Boil and de-bone chicken, save the stock.

(Note: Use plenty of water when boiling because you will need 1 cup of stock for every cup of rice.)

1 large can crushed tomatoes

2 boxes 28 oz. Minute rice

1/2 small can of paprika added for color

Brown sausage and cook the bacon (save the grease).

Add the peppers, celery and onions, sauté.

Measure the correct amount of stock, add chicken, sausage and shrimp and bring to a boil. Add remaining ingredients, then add the rice. (Don't stir too much). Let covered pot sit for 15 minutes for the rice to cook.

Karen Carron
Administrative Services

Recipe by Jerry Gill

Shrimp Jambalaya

1/2 stick oleo
1 onion
1/2 bell pepper
1 head garlic
green onions
parsley
1/2 lb. ham or sausage
8 oz. chicken broth
1 can stewed tomatoes
1 small can mushrooms
1 small bottle pimentos
salt and pepper
1 lb. Mississippi Gulf shrimp
1 c. Uncle Ben's Rice

Use black iron pot. Melt margarine. Saute' onions first, then add bell pepper, garlic, sausage or ham. Add chicken broth, stewed tomatoes, mushrooms, pimentos, salt and pepper. Bring to a slow boil. Next add parsley, green onions, shrimp and rice. Stir and return to a slow boil. Reduce heat to low and cook for 30-45 minutes. DO NOT OPEN POT UNTIL DONE.

Corky Perret
Marine Fisheries Director



Mississippi Gulf Shrimp Scampi

2 lbs. Jumbo Mississippi Gulf Shrimp (4-5 per person)
1/2 c. butter
1/4 c. chopped parsley
1 tsp. salt
1/2 tsp. lemon peel
Garlic powder
2 tbsp. lemon juice

Preheat oven to 400 degrees. Peel shrimp, leaving tails on. De-vein and wash; drain on towels. Melt butter in 9-inch x 13-inch pan in oven. Add other ingredients except shrimp. Place shrimp in pan and turn once. Bake 5 minutes and turn again. Be sure parsley covers shrimp. Bake 8-10 minutes longer. Arrange shrimp on serving dish and pour sauce over.

Pat Daughdrill
Administrative Services



Scarborough Fair Shrimp

- 1 lb. shelled raw Mississippi Gulf Shrimp (the weight is after shelling)
- 1 tsp. dried parsley
- 1/8 tsp. dried sage (not ground)
- 1/4 tsp. dried rosemary (not ground)
- 1/8 tsp. thyme
- 2 tbsp. olive oil
- KC Hickory BBQ sauce

Add first five ingredients to a skillet large enough to sauté all the shrimp at once. Turn heat on low and allow about 10-15 minutes for herb flavors to blend. Increase heat and add shrimp sauté until done. Remove and serve with the BBQ sauce for dipping. Variation: serve over rice or with steamed vegetables.

Roxanne Russell
Administrative Services



Biloxi Bay Potato Salad

- 1 lb. small to medium boiled Mississippi Gulf Shrimp,
cleaned and peeled
- 6 to 8 medium potatoes, boiled (don't overcook)
- 5 to 6 green onions, chopped
- 2 stalks celery, finely chopped
- 4 to 5 eggs, boiled and chopped
- 1 c. sweet relish
- 1 tbsp. prepared mustard
- 1 c. salad dressing
- Cajun seasoning (to taste)
- Salt and pepper to taste

Boil potatoes whole, peel and cut into pieces, but not too small. Mix all ingredients and serve. Great served with gumbo.

Irvin Jackson
Directorate

Mississippi Gulf Shrimp Stuffed Peppers

- 1 lb. small Mississippi Gulf Shrimp, boiled and chopped
- 8 large bell peppers, cored, parboiled, cooled and set aside
- 1 large Spanish onion, sautéed until tender in stick of margarine
- 1 1/2 c. brown rice, boiled until almost tender with a stick of margarine
- 1 c. Spanish olives with pimentos, chopped
- 1 c. sharp cheddar cheese, shredded

Combine shrimp, rice, onion and olives; mix thoroughly. Add salt and pepper to taste. Stuff each pepper and sprinkle with shredded cheese. Place in a large baking dish and bake on 300 degrees until cheese is melted.

Pat Daughdrill
Administrative Services



Mississippi Gulf Shrimp Diablo

- 2 lbs. raw Mississippi Gulf Shrimp
- 1/2 lb. fresh sliced mushrooms
- 1 c. sliced celery
- 2 tsp. chives
- 1/2 tsp. ginger
- 2 tsp. Season-all
- 1/4 tsp. coarse ground black pepper
- 1/4 c. brandy, heated
- 1/2 c. butter
- 12 cherry tomatoes
- 1 tsp. parsley flakes
- 1/4 tsp. tarragon leaves
- 1 tsp. dry mustard
- 1/4 tsp. garlic powder
- 3 tbsp. lemon juice

Shell and de-vein shrimp. Melt butter in large skillet. Sauté mushrooms and celery for 3 minutes. Push to one side of skillet. Add raw shrimp and sprinkle with seasonings which have been mixed together. Sauté the shrimp, stirring 2 minutes. Add lemon juice. Combine shrimp and vegetables. Cover and simmer 5 minutes and transfer to chafing dish. Add tomatoes the last few minutes of cooking. Just before serving, flame with heated brandy. Nice over rice. Serves 4-6.

Pat Daughdrill
Administrative Services



Mississippi Gulf Shrimp Pie

- 3/4 lb. medium Mississippi Gulf Shrimp, cleaned and peeled
- 1 tbsp. olive oil
- 1 medium onion, chopped
- 1 green pepper, chopped
- 2 ribs celery, chopped
- 1/2 tsp. each: dried thyme, salt
- Freshly ground pepper
- 2 c. dried bread cubes, in 1/4-inch cubes
- 1 c. corn kernels
- 1/2 c. shredded Gruyère cheese
- 4 eggs
- 1/2 c. each: half & half, crushed tomatoes
- 1/2 tsp. ground red pepper

Heat oven to 350 degrees. Heat oil in heavy skillet over medium heat: cook onion, green pepper and celery in skillet over medium heat until onion softens, about 3 minutes. Season with thyme, salt, pepper; set aside.

Line 10-inch greased deep pie pan with bread cubes; top with onion mixture, shrimp, corn and cheese; set aside.

Whisk together eggs, half & half, tomatoes, parsley and red pepper in large bowl; pour mixture over ingredients in pie pan. Bake until custard sets, about 35 minutes; let stand 5 minutes before cutting. Makes 8 servings.

Linda McCarthy
Administrative Services



Mississippi Gulf Shrimp Etouffee

- 5 lbs. Mississippi Gulf Shrimp, peeled, de-veined and chopped
- 1 c. butter or margarine
- 2 onions, chopped
- 6 stalks celery, chopped
- 3 tbsp. garlic, chopped
- 4 tbsp. flour
- 1 c. mushrooms, chopped
- 3 tbsp. paprika
- Salt, black pepper, and red pepper flakes to taste

In a large skillet melt butter; sauté onions, celery and garlic. Stir in flour and cook slowly for 5 minutes. Add shrimp and cook for 20 minutes. Add 2-3 cups of water and mushrooms. Stir in paprika and seasoning. Cook for 30 minutes. Serve over rice with hot French bread.

Linda Bullard
Directorate



Shrimp Etouffee

- 1 lb. peeled Mississippi Gulf shrimp
- 1 chopped onion
- 1 chopped bell pepper
- 1/2 clove garlic
- 1 stick of butter
- 1 can of cream of mushroom soup
- Paprika
- Seasoning to taste
- Your favorite rice

First, cook the rice. Then, melt stick of butter in medium sauce pan. Add chopped onion, chopped bell pepper and minced garlic. Saute on medium heat for about 30 minutes. Add a teaspoon of paprika and season to taste (with every other spice in the cabinet). Add cream of mushroom soup and one cup of water. On medium heat, stir occasionally until the sauce turns brown. You can add flour or water to thicken or thin the consistency. Again, add teaspoon of paprika, and season to taste. Once you have a good brown sauce, turn up heat to med./high, and throw in shrimp. When shrimp are cooked, turn off heat, cover and let stand for about 10 minutes. Serve over cooked rice.

Jude LeDoux
Marine Fisheries

Mississippi Gulf Shrimp Filling for Puffs

- 1 1/2 c. Mississippi Gulf Shrimp, coarsely chopped, boiled and de-veined
- 1 8 oz. pkg. cream cheese, softened
- 1/2 c. sour cream
- Dash garlic powder
- 1 tbsp. lemon juice
- 1/4 c. mayonnaise

Beat sour cream, lemon juice, garlic powder and mayonnaise into cream cheese. Add shrimp. If it seems too heavy, add more mayonnaise or sour cream. Fill puffs at the last moment before serving.

Note: You can use the frozen cream puff shells.

Pat Daughdrill
Administrative Services





Sugar Cane Wrapped Grilled Mississippi Gulf Shrimp

1 lb. fresh Mississippi Gulf Shrimp, peel, de-vein, clean and blot dry
1/4 lb. pork belly fat, diced
2 egg whites
1 tsp. sugar
1/2 tsp. salt
1/2 tsp. white pepper
1 tbsp. corn starch
1 foot of fresh sugar cane

Put shrimp in the freezer for 15 minutes

Peel off the hard cover of the cane and cut into 4-inch sections, then quarter the sections.

Preparation: In a food processor, combine all ingredients except the sugar cane. Process for two minutes until all ingredients are ground. Thinly wrap the ground mixture around the cane sections. The thickness of the mixture should be approximately 1/2 inches. Grill over hot coals until the shrimp mixture turns pink.

Serve as an appetizer or as a salad when mixed with fresh herbs, bean sprouts, cucumber, rice noodles and black bean/pineapple/peanut dressing.

Annie Nguyen
Coastal Ecology

Grilled Mississippi Gulf Shrimp Stuffed Chiles Rellenos

1/2 lb. Mississippi Gulf Shrimp
1 tbsp. Creole seasoning (see recipe next page)
1 tbsp. plus 2 tsp. olive oil
1/2 c. chopped green onions
2 tsp. minced garlic
12 large fresh poblano or New Mexico chilies
2 large ears of corn
1/2 tsp. salt
12 oz. Colby Jack cheese

Preheat a gas or charcoal grill. Season the shrimp with the Creole seasoning. In a medium, heavy skillet, heat 1 tbsp. of the oil over medium high heat. Add the green onions and garlic and sauté for 1 minute. Add the shrimp and sauté for 2 minutes. Remove from heat.

Char the chilies over the grill until blackened on all sides.

Meanwhile, rub 1 tsp. olive oil on each ear of corn and sprinkle with salt. Grill the corn until cooked through, about 8 to 12 minutes. Remove the corn from the grill and let cool. Seal the chilies in a plastic or paper bag and let stand 10 minutes. Peel and seed the chilies, leaving the stem end intact, and set aside.

Cut corn from the cob and place the kernels in a mixing bowl. Add the shrimp tails, cheese and mix well. Form the mixture into 12 equal portions, about 3 tbsp. each, and stuff into the seeded chilies, pressing to close.

Wrap the stuffed chilies in foil and place on the hot grill and cook, 3-5 minutes. Serve immediately with salsa and sour cream for dipping, as desired.

Jan Boyd
Coastal Ecology

Creole Seasoning

- 2 1/2 tbsp. paprika
- 2 tbsp. salt
- 2 tbsp. garlic powder
- 1 tbsp. black pepper
- 1 tbsp. onion powder
- 1 tbsp. cayenne pepper
- 1 tbsp. dried leaf oregano
- 1 tbsp. dried thyme

Mix all ingredients and serve in all of your favorite seafood dishes.

Jan Boyd
Coastal Ecology

Biloxi Butter

- 1 lb. boiled Mississippi Gulf Shrimp (spicier the better)
- 1 8 oz. block of cream cheese (room temperature)
- 1/2 stick of butter or margarine (room temperature)
- Garlic powder to taste

Peel shrimp and finely chop.
Mix all ingredients together.
Use as a spread on your favorite crackers.

Wesley Devers
Marine Fisheries



Acadian Peppered Shrimp

- 4 lbs. medium or large Mississippi Gulf shrimp (in the shells)
- 1 lb. butter
- 1/2 c. lemon juice
- 2 tsp. fresh basil, chopped
- 2 tsp. cayenne pepper
- 2 tsp. fresh oregano, chopped
- 5 garlic cloves, minced
- 1 bay leaf, crumbled
- 1/2 c. black pepper, finely ground
- 1 pinch of salt

Melt butter in a large deep dish frying pan or iron skillet over low heat. When melted, raise the heat and add all ingredients except the shrimp. Cook until browned to a rich mahogany color, about 8-12 minutes. Add the shrimp, stirring and turning to coat well with the seasoned butter. Cook until the shrimp have turned a rich deep pink, about 6-8 minutes. Serve the shrimp in their shells, peeling them at the table.

Tim Blocker
Coastal Ecology

Recipe taken from <http://www.geocities.com/Yosemite/9758/shrimp.htm>

Spicy Italian Barbecue Shrimp

- 2 sticks butter
- 2 lbs. Mississippi Gulf shrimp (in shells)
- 1 onion, sliced
- 1 c. celery
- 1/2 tsp. red pepper
- 1 tbsp. dried Italian dressing
- 1 tsp. Tabasco sauce
- 3 lemons, sliced
- 2 tbsp. Worcestershire sauce
- 1/4 c. sherry
- salt and pepper

Melt butter, add shrimp in shells and cook on medium heat on stove until shrimp turn pink. Add all other ingredients and cook until shrimp loosen from shell (about 10 minutes). Do not overcook. Serve with hot French bread. Serves 6.

Jan Boyd
Coastal Ecology

Recipe by Jeannette Mitchel.



Shrimp and Pea Salad

- 1 c. fresh boiled Mississippi Gulf shrimp, chopped
- 1 can small green peas, drained
- 1/2 small onion, minced
- 1 c. chopped, mild cheddar cheese
- 2 heaping tbsp. mayonnaise

Combine all ingredients, and add salt and pepper to taste. Great served on bed of lettuce. Garnish with red pepper or pimento. Serves 4.

Marcia Garcia
Coastal Ecology



Leah's Mississippi Gulf Shrimp Pasta

2 leeks, chopped
1 bundle of scallions, chopped
10-12 spears asparagus, chopped in quarters
8 oz. button mushrooms, quartered

Saute ingredients in 2 tbsp. olive oil. Add salt and pepper to taste. Add 1/2 c. white wine to finish. Serve over angel hair pasta.

Add grilled or sauteed Mississippi Gulf shrimp.

Leah Bray
Coastal Ecology



Shrimp and Artichoke Heart Linguine

Shrimp and Artichoke Heart Linguine

1 lb. linguine
1 1/2 tbsp. olive oil
1/2 c. red onion (minced)
3/4 c. white wine
1 lb. medium Mississippi Gulf shrimp
1 1/2 c. heavy cream
12 oz. marinated artichoke hearts, drained
4 oz. sliced mushrooms, drained
1 1/2 oz. sun dried tomatoes, chopped
3 tbsp. fresh lemon juice

Boil four quarts of water for each pound of dry linguine; add 1 tbsp. olive oil and 1 tsp. of salt, if desired. Add linguine and slowly return to a boil. Cook, uncovered, approximately 10-12 minutes, or until tender, stirring occasionally. Avoid overcooking. Remove from heat and drain.

Saute red onion in the olive oil and let cook for 1 minute. Add white wine and lemon juice, simmer mixture until it coats the back of a spoon. Add shrimp and cook until it is done. Add cream, artichoke hearts, mushrooms and sun dried tomatoes. Season with garlic and Italian seasoning to taste. Let simmer for another 2-3 minutes. Serve over linguine and garnish with freshly grated Parmesan cheese. Serves 6-8.

Jan Boyd
Coastal Ecology



Shrimp Dip

- 1 lb. Mississippi Gulf shrimp (boiled, peeled and chopped)
- 2 tbsp. chopped green onions
- 8 oz. Philadelphia cream cheese
- 1 c. mayonnaise
- 1/2 tsp. garlic powder
- 1 tsp. Worcestershire sauce
- 1 tsp. Tabasco

Mix all of the above and serve with crackers or bread.

Michaela Hill
Tidelands Office

Recipe by Dorothy Sabbatini.

Mississippi Gulf Shrimp, Blue Crab and Eggplant Casserole

- 1 lb. fresh small Mississippi Gulf Shrimp
- 1 lb. Mississippi Blue Crabmeat
- 2 medium or 4 small eggplants
- 1 large onion, finely chopped
- 1 tbsp. butter
- 1 1/2 c. dry bread crumbs, divided
- 2 eggs, well beaten
- 1/4 tsp. Accent (MSG)
- 1 tsp. crumbled dry oregano
- 2 tbsp. chopped parsley
- 1/2 tsp. salt
- 1/4 tsp. white pepper
- Paprika
- 4 tbsp. melted butter

Parboil eggplant until tender. Drain and cool. Partially cook shrimp until pink (2 min). Drain but save liquid. Sauté onion in butter. Set aside. Mix together: eggplant, mashed; shrimp, onion, and crabmeat, 1 cup bread crumbs, beaten eggs; Accent, oregano, parsley, salt and white pepper. Mix well, adding shrimp liquid if needed. Put in baking dish and sprinkle with remaining bread crumbs. Sprinkle with paprika and pour melted butter over all. Bake at 350 degrees for 35-45 minutes or until top is lightly browned. Makes about 4 servings. May be baked in individual ramekins. Freezes well. MSG can be omitted. A light sprinkle of cayenne pepper may be used.

Pat Daughdrill
Administrative Services

Rotel Shrimp/Chicken

1 small whole chicken or pieces to equal (boiled and deboned).

Save broth

1 1/2 to 2 lbs. peeled Mississippi Gulf shrimp

1-8 oz. pack thin spaghetti (cooked and drained)

1 can cream of mushroom soup

2 cans rotel diced tomatoes

1 small can sliced mushrooms (drained)

1 small can English peas (drained)

1 small onion (diced)

3 stalks celery (cut small)

12 oz. bag mild cheddar cheese

Mix all ingredients, except cheese, together in a large baking pan. Bake for 30-45 minutes at 350 degrees. Remove from oven, top with the cheddar cheese, return to oven and let cheese melt.

Linda McCarthy
Administrative Services



Shrimp Spaghetti



Shrimp Spaghetti

2-14.5 oz. cans diced tomatoes

2-8 oz. cans tomato sauce

1-10 oz. can diced rotel and green chilies

1 medium sized jar Prego spaghetti sauce

5 lbs. peeled Mississippi Gulf shrimp

1/2 lb. salt meat (cut small)

1 large onion

1 medium bell pepper

1 tsp. chopped garlic

1 tsp. sugar

1/2 c. water (more or less)

Salt and pepper to taste

Tabasco to taste

2 tbsp. oil

Add all ingredients from cans in large sauce pan. Cut salt meat in small pieces and fry in oil until light brown. Add onions, and saute for about 2 minutes. Add to sauce, and cook for about 1 hour. Then, add shrimp, and cook 30 minutes longer. Serve over your favorite pasta.

Linda McCarthy
Administrative Services

Shrimp Fajitas

- 1 lb. Mississippi Shrimp, peeled
- 2 tablespoons butter or cooking oil
- 1/2 cup chopped yellow onion
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon chopped parsley
- 1 tablespoon red paprika
- 1/4 teaspoon cayenne pepper (or to taste)
- 8 flour tortillas
- Prepared Salsa

Remove vein from shrimp if desired. Heat 1 tablespoon butter or oil in pan over medium high heat and sauté shrimp for two or three minutes until they turn an appetizing pink color. Remove from heat, drain, remove shrimp and set aside.

Heat 1 tablespoon butter or oil over medium high heat and add onions to pan. Stir onions until clear, and then add green and red bell pepper, parsley and seasonings. Stir for two or three minutes.

Add cooked shrimp back to mixture in pan, stir for two minutes over medium heat and serve on warm tortilla with your favorite salsa. Enjoy!

Submitted by G&G Trading Company of Biloxi from their CulinaryDelights® line.



Shrimp Fajitas



Mississippi Seafood and Eggplant Casserole



Preheat oven to 350 degrees.
Lightly grease a casserole baking dish suitable for serving at the table.
Put pot of water on stove to boil.
Peel and cut up one or two large eggplants.
Place eggplant in boiling water.
Cook until soft.
Carefully drain, reserving liquid.
Place in mixing bowl and mash.

Add 1 c. cheddar cheese
1 c. finely chopped onions and celery
1 c. Italian bread crumbs
1 or 2 eggs
1 c. Mississippi Gulf Shrimp and/or 1 c. Mississippi Blue Crabmeat

Mix all ingredients. If mixture is too dry, add some of the reserved liquid.
If mixture is too soft, add more bread crumbs. Season to taste. Spread in
baking dish. Sprinkle with bread crumbs. Bake until dressing consistency.

Dorothy Daniel
Human Resources

Fried Eggplant Casserole with Shrimp and Crab

- 2 lbs. fresh Mississippi Gulf Shrimp, boiled and peeled
- 1 lb. Mississippi Blue Crabmeat
- 1 eggplant, peeled and sliced thin
 - Cornmeal
- 6-8 oz. Swiss cheese, sliced thin
- Cajun seasoning to taste
- Sauce:
 - 4 green onions, chopped
 - 2 stalks celery, chopped
 - 1 can stewed tomatoes
 - 2 small cans tomato sauce
 - 2 tbsp. butter or margarine

Boil shrimp in crab/shrimp boil, clean and peel. Peel and slice eggplant. Put eggplant in mixture of 2 eggs, milk, and water (mixture should be thin). Role eggplant in cornmeal seasoned with Cajun seasoning and fry in one inch of cooking oil.

Sauce: Sauté green onions and celery in butter/margarine until tender. Add stewed tomatoes and tomato sauce. Simmer approximately 20 minutes. Season to taste.

Assemble Casserole:

Coat medium-size baking dish with margarine. Layer fried eggplant, then shrimp and crabmeat, sauce and cheese. Sprinkle with Cajun seasoning. Repeat layers ending with cheese. Bake at 350 degrees for 30 minutes. Top with remaining sauce and cook 15 minutes more.

Irvin Jackson
Directorate

Mississippi Seafood Artichoke Apollo

Preheat oven to 350°F.

Prepare 2 boxes of Uncle Ben's Chicken Flavored Rice according to box directions.

Set cooked rice aside.

Drain and slice 2-3 6 oz. jars of artichoke hearts. Save artichoke liquid.

Finely chop 4-8 green onions

1/2 bell pepper (optional)

6-12 or more green and/or ripe olives (optional)

1/4- 1/2 c. thinly sliced celery (optional)

Add all ingredients, including reserved artichoke liquid to rice.

Stir in 1/2 c. mayonnaise, 1 c. lump Mississippi Blue Crabmeat and/or

1 c. small bite-size Mississippi Gulf Shrimp.

Season to taste.

Pour into lightly greased 8-inch x 11-inch serving/baking pan.

Sprinkle top with seasoned bread crumbs or try canned fried onion rings.

Bake about 30 minutes or until thoroughly heated.

Garnish with parsley.

Dorothy Daniel

Human Resources



Mississippi Gulf Oysters Bienville with Shrimp

- 2 doz. Mississippi Gulf Oysters on the half shell, drained
- 1/2 lb. boiled Mississippi Gulf Shrimp, finely diced
- 2/3 c. finely chopped fresh mushrooms
 - 1 tsp. ground white pepper
 - 4 tbsp. butter
 - 1/2 c. white wine
- 1 1/2 tsp. finely minced garlic
- 1/2 tsp. cayenne pepper
- 1 tbsp. finely chopped green onions (white part included)
 - 1 tsp. salt
 - 1/2 c. heavy cream
- 6 tbsp. grated Romano cheese
 - 1 tbsp. flour
 - 4 tbsp. dry bread crumbs
- 1/4 c. finely minced parsley
 - 1 tbsp. olive oil
- 4 pans rock salt

In a large, heavy saucepan, sauté the mushrooms in olive oil. Remove from pan and set aside. In the same pan, melt the butter and saute the garlic and onions, stirring frequently until soft. Add the shrimp, then sprinkle in the flour. Stir all together, add the reserved mushrooms.

De-glaze pan with the wine while stirring constantly. Stir in the heavy cream, cook until smooth before adding Romano cheese, dry bread crumbs and parsley, salt, pepper and cayenne pepper. A small amount of milk may be added if the mixture is too thick. Remove from heat, allow to cool, then refrigerate for about 1 1/2 hours.

Half an hour before you plan to bake the oysters, place the pans of rock salt in a preheated 500 degree oven. Wash oyster shells well, pat dry. Put oysters on shells, place six in each pan of rock salt. Spoon one heaping tablespoon of sauce over each oyster. Bake for 15 to 18 minutes until well browned.

Roxanne Russell
Administrative Services



Remoulade Sauce

- 4 -5 tbsp. Dijon Country mustard (no substitutes)
- 1/2 c. mayonnaise
- 1 boiled egg, chopped
- 1/8 c. onion, finely chopped
- 1 tbsp. ketchup
- 1 tbsp. grated horseradish (not the mayonnaise type)

Mix all ingredients and serve over cooked Mississippi Gulf shrimp.

Roxanne Russell
Administrative Services



Mississippi Seafood Stuffed Onions

Preheat oven to 350 degrees.

Peel skin off 6 small to medium yellow onions (preferably Vidalia).

Put large pot of water on stove to boil.

Cut onions in half.

Drop in boiling water until they turn clear—parboiled.

Remove from water and drain.

Remove center layers of onion and save for another recipe.

Lightly spray oven baking dish with vegetable oil.

Place onions cut side up in baking dish.

Mix together 2 c. Italian bread crumbs, 2 eggs, 1 c. cheese (I like cheddar), and 1 c. small Mississippi Gulf Shrimp and/or Mississippi Blue Crabmeat. If mixture is dry, add some of the water from cooking the onions. If mixture is wet, add more bread crumbs. Mix to a stuffing consistency. Fill cavity of each onion. Sprinkle with more bread crumbs, if desired. Place in oven until cooked, usually about 20-30 minutes. Remove from oven and sprinkle with more cheese.

Note: Try a similar variation using fresh tomatoes. Take core out of the tomato. Do not parboil. Stuff and heat until stuffing is cooked. Reduce temperature, if necessary. Decorate with a sprig of parsley atop each to give it a festive look. If you don't want to use a whole or half tomato, try a thick slice sprinkled with oregano, then add scoop of dressing, cheese and parsley. Heat.

Dorothy Daniel
Human Resources



Mississippi Gulf Coast Lasagna

1 lb. medium Mississippi Gulf Shrimp

1 lb. Mississippi Blue Crabmeat (remove all shell)

1 lb. lasagna noodles

2 c. white wine

2 c. chicken broth

6 tbsp. butter

1/2 c. flour

Salt and pepper to taste

Dash of paprika

2 tbsp. sherry wine

2 lbs. sharp cheddar cheese, sliced

Cook lasagna according to package directions. Sauté seafood in chicken broth and wine for 3 to 5 minutes. Remove seafood and chop coarsely (reserve stock). In a saucepan, melt butter, add flour and seasonings, and cook, stirring for a few minutes. Stir in 2 cups of reserved stock and cook until thickened. Stir in chopped seafood and set aside.

In a greased lasagna pan, layer noodles, sliced cheddar cheese, and seafood mixture in that order, finishing with a layer of cheese. Bake at 375 degrees for 45 minutes. Let stand for 10 minutes before serving.

Irvin Jackson
Directorate

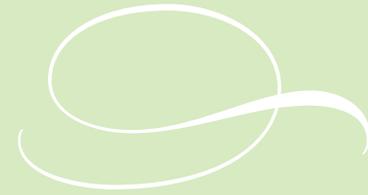
Seafood Gumbo

6 chicken leg quarters
2 lbs. smoky sausage
1 whole stalk celery (diced)
1 large bell pepper
1 large onion
1 can diced tomatoes
1 can diced rotel (hot)
1-6 oz. can tomato paste
5 lbs. unpeeled Mississippi Gulf shrimp
1 lb. Mississippi Gulf claw crab meat
2 cans chicken giblet gravy
 Filé
 Tabasco to taste
Salt and pepper to taste
1 bag of cut okra
1 1/2 to 2 c. flour
Roux (see below)

Roux: Use cast iron pan if possible. Add 3/4 c. oil. Heat oil until hot. Add 1 1/2 to 2 c. flour to oil. Stir constantly until real good and brown. Let cool.

Cut okra into small pieces. Put 1 tbsp. oil in pan. Saute okra for a few minutes. In large broiler pot, add chicken and cover with water. Add sausage, celery, onion, bell pepper, tomatoes, rotel and paste. Boil until chicken is tender, and add okra. Remove chicken, let cool and debone. Cut the chicken into small bite-sized pieces. Add giblet gravy and cooled roux to the pot, stirring while adding. Let simmer 30 minutes, stirring often. Add peeled shrimp, crab meat and chicken. Cook 15 minutes. Add filé to taste. Serve over rice.

Linda McCarthy
Administrative Services



Seafood Casserole

1 lb. Mississippi Gulf shrimp (boiled and peeled)
1 lb. Mississippi Gulf crab meat
1 c. mayonnaise
1 tbsp. sherry
1 tbsp. worcestershire sauce
1/2 tsp. dry mustard
4 green onions, chopped
8 oz. fresh spinach
8 oz. mushrooms, sliced
8 oz. Swiss cheese
1 1/2 pack Ritz crackers, crushed
1 stick butter, melted

Line greased baking dish (9 X 13) with fresh spinach. Mix shrimp, crab, onions, mayo, sherry, dry mustard and worcestershire sauce. Put mixture on top of spinach. Slice cheese and put on top of mixture. Next, cover with sliced mushrooms. Melt butter and mix with crushed crackers. Spread cracker mixture over mushrooms, and bake at 350 degrees for 30-40 minutes.

Irvin Jackson
Directorate

Shrimp and Crab Casserole

- 1 cup butter, melted
- 1 lb. cooked Mississippi Gulf shrimp
- 1 lb. Mississippi Gulf white lump crab meat
- 1 c. mayo
- 1/2 c. bell pepper, finely chopped
- 1/2 c. onion, finely chopped
- 1/2 c. celery, finely chopped
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. Worcestershire sauce
- 1 tsp. paprika
- 1/2 c. seasoned or battered bread crumbs

Cook shrimp in microwave. Place bell pepper, onion and celery in a 2-cup measuring cup. Cover with wax paper and cook in microwave on high for two minutes. Combine all ingredients. Sprinkle top with bread crumbs. Heat on high in microwave for 6-8 minutes. Turn once at 1/2 time.

Tina Shumate
Coastal Ecology

Recipe by Ann Hebert.



Jambalaya Jeff

- 1 pkg. hot sausage (typically 3 links)
- 3-4 c. cleaned Mississippi Gulf Shrimp
- 2 or 3 celery sticks, cleaned and chopped
- 1 bell pepper, chopped
- 1 large onion, chopped
- 2 fresh tomatoes, chopped
- 2 cans stewed tomatoes
- 3 c. rice
- 5 1/2 c. water
- 4 tbsp. Cajun spices

Cut everything up, except shrimp and put into large pot. Bring to boil and simmer 35-50 minutes until desired consistency. Add shrimp towards the end of cooking time. Stir and continue cooking until the shrimp is done. Serve with crusty French bread. Serves 8.

Jeff Clark
Coastal Ecology

Great American Seafood Cook-Off, 2008 *Louisiana Foodservice Expo*



Executive Chef John Currence

Chef John Currence, owner and founder of City Grocery, Bouré and Big Bad Breakfast in Oxford, Miss., took top honors and was crowned King of Seafood in the fifth annual Great American Seafood Cook-Off held in New Orleans on August 2 and 3, 2008.

“Of course, we are very proud of John, and he has brought our great Mississippi and Gulf seafood to the forefront,” said Irvin Jackson, director of the Mississippi Seafood Marketing Program with the Mississippi Department of Marine Resources. “The important thing to remember is that we all win when we support our domestic Mississippi seafood, the cultural way of life that has grown up around it, and the many businesses and fishermen who bring it to our table. I know Chef Currence will be a great ambassador for Mississippi seafood in the coming year.”

“What we did today was very soulful,” Currence said after he won. “Courtboullion is just a great vehicle for seafood.”

Mississippi Redfish Courtboullion

½ cup raw Bacon, chopped
 1 cup yellow Onion, diced
 1 Tablespoon Garlic, minced
 ¾ cup Red Bell Pepper, diced
 ½ cup Green Bell Pepper, diced
 3 cups Okra, chopped
 6 cups Fresh Tomatoes, chopped
 1 Lemon, zest and juiced
 ¾ cup White wine
 2 cups Fish stock
 ½ pound Crabmeat
 ½ pound Fresh Shrimp, chopped
 1 ½ Tablespoons Creole Seasoning
 2 teaspoons Tabasco
 Light roux (3 Tablespoons each Butter and Flour)
 Salt and Black Pepper, to taste

Render the bacon. Sauté the onions and garlic. Add and sauté the bell peppers. Stir in the okra and season with salt and black pepper. Add tomatoes and Creole seasoning and bring to a simmer. Stir in wine, lemon, and stock, and then bring to a boil. Add seafood and cover. Simmer for 20 minutes. Stir in roux and continue to simmer. Season with salt, pepper, Tabasco, and Creole seasoning to taste. Serve over rice.



Mississippi Redfish Courtboullion
 Louisiana Foodservice Expo 2008 –
 Winning Entry



The Mississippi Food Chain Plate –
 redfish, smoked shrimp and corn
 macque topped with crabmeat



MISSISSIPPI SEAFOOD INDUSTRY DIRECTORY



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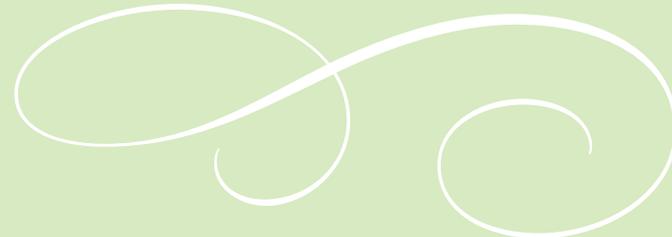
Hopper Seafood
3701 Grand Bature Rd.,
Moss Point, MS 39562
PH: (228) 475-3850
CONTACT: Paul Hopper

Fish Processors

Clark's Seafood Co.
4401 Clark Street,
Pascagoula, MS 39567
PH: (228) 762-4511
CONTACT: Philip Horn

Desporte & Sons Seafood, Inc.
1075 Division Street, Biloxi, MS 39530
PH: (228) 432-1018
FX: (228) 435-2170
CONTACT: Sean Desporte

Seymour & Sons Seafoods, Inc.
3201 St. Charles Street,
D'Iberville, MS 39532
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WILD AMERICAN SHRIMP

The following information was provided by Wild American Shrimp Inc. as a courtesy to inform consumers about the attributes of Wild American Shrimp.

Fished directly from the open ocean, wild-caught American shrimp has a special taste. Over eighty percent of shrimp consumed in the U.S. is imported, and much of that is farm-raised.

Consumers should ask for naturally caught Wild American shrimp at their local grocery stores, seafood markets and restaurants. Work is underway to identify Wild American shrimp so that it will be easy to find. In addition, country of origin labeling laws took effect September 30, 2004 that will help consumers distinguish the origin and method of production of all seafood. Wild American shrimp satisfies consumers' increasing desire for foods that grow naturally.

Board members of the Southern Shrimp Alliance, from which Wild American Shrimp Inc. (WASI) evolved, created the corporation to build Wild American shrimp brand equity. WASI devotes its resources to raising public awareness about the many nutritional benefits of wild-caught American shrimp. Its mission is to educate consumers about the advantages of choosing seafood that grows naturally, is caught fresh and supports the U.S. seafood industry.

"Wild American shrimp makes all the difference in a shrimp recipe, whether it's prepared at home or in a restaurant," said Paula Deen, host of the popular Food Network Show, Paula's Home Cooking, and owner of the acclaimed The Lady and Sons restaurant in Savannah, Ga. "It's sweet and tender, and it's my favorite shrimp on the market today." Just like wild Alaskan Salmon, Certified Angus Beef and the authentic Vidalia Onion, Wild American shrimp is the cream of the crop.



Shrimping in the United States has always been more than just a business. It is a salty, risky way of life that has defined entire communities throughout the Gulf Coast and Eastern Seaboard. Bringing in the fresh catch is a noble trade grounded in tradition, employing entire families and passed on from one generation to another. The catch itself is such a sought-after product that shrimp has become the number-one seafood choice of consumers.

National Marine Fisheries Service data shows that the U.S. shrimp industry is the most valuable seafood industry nationwide. But thousands of shrimp industry jobs have been lost to shrimp imports and thousands more are threatened if the industry is not supported. Buying Wild American shrimp helps support an American legacy.

Wild American shrimp is premium-quality seafood caught by professional shrimpers along the Gulf Coast and Atlantic Seaboard and delivered fresh to local docks. Consumers should always ask for Wild American shrimp at their local grocery stores, seafood markets and restaurants. Work is underway to label Wild American shrimp so that it is easily identifiable. Wild-caught American shrimp are abundant, and are not considered "threatened" or "endangered."

These low-fat, low-calorie, low-carb shrimp are a protein-rich food containing heart-healthy omega-3 fatty acids. Studies have found that shrimp are an excellent source of vitamins D and B12, as well as selenium, which may assist in cancer protection. They are also a good source of niacin and iron.

