Northern Pink Shrimp (coldwater shrimp)

Northern Pink Shrimp belong to the Pandalidae family of Shrimp, which consists of the Coldwater Shrimp. There are about 20 species of Coldwater Shrimp but the catch is dominated by two species, Northern Shrimp (\textit{Pandalus borealis}) and Ocean Shrimp (\textit{P. jordani}). Both these species are called Pink Shrimp and are indistinguishable in taste and texture out of the shell. They may also be referred to as salad, cocktail or sandwich Shrimp due to their small size.

Most Coldwater Shrimp live in the Pacific but a couple species live in the Atlantic. \textit{P. borealis} lives in the Northern Atlantic and Northern Pacific Oceans and \textit{P. jordani} lives off the North American Pacific Coast. Pink Shrimp are wild-captured.

Coldwater Shrimp differ from Warmwater Shrimp in a few ways. Warmwater Shrimp rarely live longer than 1 year but Coldwater Shrimp live for 3 to 4 years. Also, Coldwater Shrimp generally have clearer veins than Warmwater Shrimp as they spend less time burrowed in mud and eat less mud with their food.

The Oregon Pink Shrimp Fishery, the Gulf of St. Lawrence Northern Shrimp Fishery, the Canada Scotian Shelf Northern Prawn Fishery and the Canadian Offshore Northern Shrimp Fishery, as well as fisheries in Estoinia, Foroe Islands, Norway and Greenland are certified by the Marine Stewardship Council (MSC) as sustainable. All MSC-certified fisheries, at a minimum, meet Monterey Bay Aquarium Seafood WATCH®'s requirements for a "Good Alternative." The Monterey Bay Aquarium Seafood WATCH® rates Northern Shrimp from Alaska and British Columbia, as well as Ocean Shrimp from California and British Columbia as "Good Alternative." Pot caught Northern Shrimp from Nova Scotia is a "Best Choice."

\textbf{Sources}

\begin{itemize}
  \item \textit{Species Name}
    \begin{itemize}
      \item \textit{Pandalus borealis} - Northern Shrimp
      \item \textit{Pandalus jordani} - Ocean Shrimp
    \end{itemize}
  \item \textit{Source}
    Pink Shrimp is found in cold northern waters and almost all of the U.S. supply comes from Canada and the U.S., with most of the U.S. catch from the West Coast. It is caught in waters ranging in depth from 50 to 5000 feet.
    
    \textit{P. borealis} is found in the northern Atlantic from Northern Canada to Martha’s Vineyard and east to Northern Europe. It is also found in the northern Pacific from Washington to Alaska and west to Russia and Japan.
    
    \textit{P. jordani} is found in the Pacific from southeast Alaska to northern California. It is fished primarily in Oregon, although some comes from British Columbia.
\end{itemize}
Seasonality
Frozen Pink Shrimp is available year-round. The Oregon P. jordani commercial fishery generally runs from April to October. The East Coast P. borealis season generally runs from the spring to late fall.

Fishing Method
Pink Shrimp is wild-captured by bottom trawl. There is currently no commercial aquaculture of Pink Shrimp.

Features

Flavor
Pink Shrimp is generally considered more flavorful and moister than Warmwater Shrimp species. It has a mild, sweet, and delicate taste and a medium-firm texture.

Dietary Information
Per 100g raw edible portion:
- Calories 71
- Fat 1.01g
- Saturated Fat 0.115 g
- Protein 13.61g
- Sodium 566mg
- Selenium 29.6mcg
- Cholesterol 126mg
- Omega-3 0.2g
Source: USDA

Appearance
Pink Shrimp has a translucent shell and body with a pink tint and a red tail. The raw meat is pink and, once cooked, the shell is pink and the meat ranges from white to bright pink.

Form
Most Pink Shrimp is sold frozen as it is fragile and relatively perishable. It is primarily sold IQF, whole cooked or peeled and cooked.

Uses

Preparation
Pink Shrimp is a great addition to sandwiches, salads, casseroles, pastas, quiches and other foods. Due to its small size and strong flavor, it makes a great component item. It may also be quickly boiled, fried, sautéed or steamed.

Substitution
Crab meat may substitute for cooked shrimp meat. Additionally, the larger White Shrimp and Gulf Pink Shrimp may work as a substitution for Northern Pink Shrimp.
Handling
Frozen Pink Shrimp should be kept frozen until prior to use. It is recommended to defrost in a 34-36 degrees refrigerator overnight to retain best quality, although running under cold water in a sealed plastic bag will expedite defrosting. Do not refreeze or allow to sit in water.

Market

Sizes and Cuts
Pink Shrimp is smaller than Warmwater Shrimp.

P. jordani rarely exceeds 5 inches and averages 3.5 inches. It can range 90-500 per pound and is generally sold 40/55 whole cooked or 250/350 and 350/500 cooked and peeled.

P. borealis is sold 90/120 and 150/180 whole cooked or 90/125 to 500+ cooked, peeled and deveined.

Pricing Scale
Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information, availability and current pricing.

Shelf Life
Fresh Pink Shrimp which have been handled and stored properly should retain optimum quality for 5 days. Frozen can be commercially stored for up to 1 year.

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<th>Market Names</th>
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<td>Shrimp, Pink Shrimp</td>
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<th>Where Caught</th>
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<tbody>
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<td>Oregon, U.S., Canada</td>
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<th>How Caught</th>
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<td>Wild-captured by trawl</td>
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