



# Gulf Brown Shrimp



Brown Shrimp (*Farfantepenaeus aztecus*) are part of a group of Shrimp that includes White Shrimp (*F. setiferus*) and Pink Shrimp (*F. duorarum*). While Brown Shrimp are found from Massachusetts down through the Gulf of Mexico to the Bay of Campeche, Mexico, they are most commonly wild captured off the coast of Louisiana and Texas. Male Brown Shrimp can grow to 7 inches and females to 9 inches.

The Monterey Bay Aquarium Seafood WATCH® rates wild-caught Shrimp from the U.S. Gulf of Mexico and U.S. South Atlantic as a "Good Alternative" and wild caught shrimp from Louisiana or caught by skimmer trawl as "Avoid." Brown shrimp from Mexico are rated a "Good Alternative" when caught by cast net and "Avoid" when caught by bottom trawl and trap.

## Sources



### *Species Name*

*Farfantepenaeus aztecus*



### *Source*

The Gulf Shrimp are found along the southern U.S. Atlantic coast and throughout the Gulf of Mexico. The largest landings are in Louisiana and Texas.



### *Seasonality*

Frozen Brown Shrimp are available year-round. Fresh are available seasonally, generally in the summer but varies based on fishery location and weather.



### *Fishing Method*

Brown Shrimp are wild-caught, almost exclusively by trawl.

## Features



### *Flavor*

Brown Shrimp are less sweet than the other Gulf Shrimp and have a firm texture. They may have a slight iodine flavor due to the iodine-rich kelp on which they feed.



### *Dietary Information*

Per 100g mixed species, raw, edible portion:

Calories 71

Fat 1.01g

Saturated Fat 0.115g

Protein 13.61g

Sodium 566mg

Cholesterol 126mg

Source: USDA



### *Appearance*

Brown Shrimp look similar to Gulf White Shrimp but the shell may be slightly darker and all Brown Shrimp have a broad groove in their last body segment. The shells turn pinkish-red when cooked. The meat is translucent pink to gray when raw and white with pink shadings when cooked.



### *Form*

Brown Shrimp are available fresh and frozen as headless shell on, head on shell on, PUD, and P&D.

## Uses

---



### *Preparation*

Brown Shrimp can be boiled, baked, fried, sautéed, grilled or steamed. Battering then frying Brown Shrimp is a common preparation as they can sometimes have an iodine flavor.



### *Substitution*

Crawfish tails and Pacific White Shrimp may substitute for Brown Shrimp.



### *Handling*

Frozen 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*

Sizes typically run from 10/12 to 51/60, with the larger sizes harder to come by.



### *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 Shrimp which have been handled and stored properly should retain optimum quality for 3 days. Frozen can be commercially stored for up to 1 year if block frozen and 6 months IQF.

<b>Market Names</b>
Shrimp, Brown Shrimp
<b>Where Caught</b>
U.S. Gulf of Mexico
<b>How Caught</b>
Wild-captured by trawl

