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White Shrimp



White Shrimp belong to the Penaeidae family, which is the family of the tropical Shrimp. There are many species of Shrimp that may be generically referred to as “White Shrimp,” most of which belong to the *Litopenaeus* genus. However, the dominant aquacultured species of White Shrimp is the Whiteleg (*Litopenaeus vannamei*, previously known as *Penaeus vannamei*), also known colloquially as the Pacific White, Mexican White and Vannamei.

L. vannamei is found in the eastern Pacific Ocean from Mexico to northern Peru. The marine Shrimp is wild-captured in its native habitat but most Vannamei comes from aquaculture. It is farmed in Mexico, Central America, Ecuador and South America. Farms have also developed in Asia and the U.S. Vannamei is the most commonly cultured Shrimp in the world.

The Monterey Bay Aquarium Seafood Watch® rates Pacific White Shrimp farm-raised closed recirculating systems worldwide or farm-raised in the U.S. as “Best Choice” because these farms have low environmental impacts. Shrimp raised in coastal ponds in Ecuador, ponds in Honduras and in infrequent exchange ponds in Thailand are considered a “Good Alternative.” Wild Vannamei caught by cast nets in Nayarit or South Sinaloa, Mexico or caught by bottom trawl in the Mexican Gulf of Tehuantepec are rated “Good Alternative.” Wild (unless otherwise rated) or farmed shrimp from Mexico, shrimp raised in ponds in China, Malaysia, Vietnam, or India, and shrimp raised in frequent exchange ponds in Thailand are rated “Avoid.” White shrimp that is 2-, 3- and 4-star BAP certified is considered to be equivalent to at least the “Good Alternative” rating.

Sources



Species Name

Litopenaeus vannamei – previously *Penaeus vannamei*



Source

White Shrimp is found on muddy shore bottoms up to depths of 235 feet from Sonora, Mexico to northern Peru. It is farmed in Mexico and Central America, especially Ecuador. It has been introduced for aquaculture in Asia and the U.S. and is now farmed in China, Thailand, and Indonesia. In the U.S. White Shrimp is primarily farmed in Texas.



Seasonality

White Shrimp is available frozen year-round, with a peak in the summer.



Fishing Method

White Shrimp is aquacultured and a small amount is wild-captured by trawl.

Features



Flavor

White Shrimp has a mild, sweet taste and no musty aftertaste. It has a firm texture and when cooked should be plump and firm.



Dietary Information

Per 100g raw, edible portion:

Calories 85

Fat 0.51g

Saturated Fat 0.101g

Protein 20.10g

Sodium 119mg

Cholesterol 161mg

Source: USDA



Appearance

White shrimp have a white shell with a bluish-green tint. The meat is white when raw and turns whitish-pink when cooked.



Form

White Shrimp is available in a variety of cuts including: HLSO Block, EZ peel IQF, Raw PD T/on or T/off, Cooked PD T/off or T/on. It is also used for value added products such as breaded shrimp.

Uses



Preparation

White Shrimp are good boiled, broiled, grilled, sautéed, steamed, baked or fried.



Substitution

Small Lobster tails, wild White Shrimp, and Crawfish tails may substitute for White Shrimp.



Handling

Frozen White 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

White Shrimp can grow to 9 inches. The count sizes generally run from 13/15 to 91/110 with a predominant count of 31/35.



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. White Shrimp which has been handled and stored properly should retain optimum quality for 2 days after thawing.

Market Names
Shrimp, Whiteleg Shrimp
Where Caught
Mexico, Ecuador, Central America, South America, Vietnam, Thailand, China, India, Indonesia
How Caught
Aquacultured

