

## The Northern Shrimp Fishery

The Northern Shrimp (*Pandalus Borealis*) fishery is healthy and fisheries managers set the total allowable catch for each season which typically starts in December.

To ensure the fishery remains healthy and to address some of the old problems with the shrimp fishery, shrimp fishermen meet many gear restrictions, including a minimum mesh size of 1 $\frac{3}{4}$ " and use of the Nordmore grate, which separates shrimp from fish.



To reduce physical damage to fish being returned to the sea, mechanical devices used to cull, grade, separate or shake shrimp are not allowed. So separating the fish from the shrimp by using the Nordmore grate before they are actually caught is critical.

Beyond these measures, many fishermen have collaborated with researchers to develop additional sorting devices such as the Dual-Grate System that have virtually eliminated bycatch and target only the large shrimp allowing those excluded to contribute to the next generation.



NAMA works with fishing communities by interweaving programs designed for marketing local seafood, advocating for community and ecosystem-based management, and working to further connect community-based fishermen with family farmers.

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# Storing and Preparing Northern Shrimp (*Pandalus Borealis*)



## A Few Tips For Handling & Cooking Northern Shrimp

Fresh Northern shrimp should be refrigerated, preferably on crushed ice. Use immediately.

Freezing shrimp is a great way to enjoy Northern shrimp long after the season has passed. You can freeze them whole or peeled. Shrimp freeze best with a little bit of water added to the air tight bag or container. Before cooking, rinse your shrimp in cold water to remove any sediment that might be present.

### Cooking Northern Shrimp

Shrimp are transparent and gelatinous when raw. When properly cooked, they become firm and opaque. They appear white, dappled with pink. **DO NOT OVERCOOK.**

### Cooking with the head on

Start a container of salted water boiling. A good ratio of salt to water is  $\frac{1}{4}$  teaspoon salt per quart of water. Add rinsed shrimp to the boiling water. Cook approximately two (2) minutes. Remove shrimp and cool quickly to prevent continued cooking (mixing ice cubes into the shrimp is an effective method of cooling.)

### Cooking with head off

Preparation – Grasp head in one hand and tail segment in other. Give a quick twist to separate the two. Discard the head section since it contains no meat. Cook tails as you do with head on but cook approximately one (1) minute from the boiling point.

# Shell Tricks

## How to shell

Peeling shrimp can be quite simple and easy. There will be approximately  $\frac{2}{3}$  weight loss once the head and shell have been removed. Try the following method:

Hold shrimp in your left hand, grasping the head with your right hand.



Bend the head forward, pulling the shell off.\*



At this point, it's best to soak the shrimp in cold tap water for at least an hour, or up to overnight. Peeling the body will be easier after soaking.

After soaking, hold the body with the legs facing you. With your thumbs split the shell between the legs then run your index finger between the shrimp meat and the shell to separate.



Remove the tail fins from the body by grasping the body in one hand and tail fins in other. Give a quick twist to separate the two.

NOTE: You do not have to devein Maine shrimp.

\*Save the heads and shells if you want to make shrimp stock. Or, add them to your compost pile– many fishermen swear that's the secret ingredient in their gardens!