



# Shrimp, Rock

## scientific name

*Sicyonia brevirostris*

## description

Rock shrimp have a hard, spiny shell more like a lobster rather than its shrimp cousins. The shell is "hard as a rock," hence the term rock shrimp. They live and spawn in warm deep waters, 120 to 240 feet. Until machines were invented to process them, rock shrimp were popular only with avid fishermen and divers because getting to the meat through the hard shell was such a chore. Today rock shrimp is readily available, both fresh and frozen, head on or off, split and/or deveined.

## other information

Two pounds of raw tails will yield one pound of cooked, peeled and deveined rock shrimp.

## alternatives

Lobster.

## source

They live and spawn in warm deep waters, 120 to 240 feet. Readily found in Florida and the Atlantic.

## harvest method/season

Harvesting is done with reinforced trawl nets throughout the year.

## flavor

Rock shrimp have a sweet, distinct flavor.

## texture

This type of shrimp has a firm texture, similar to spiny lobster.

## preparation

To clean rock shrimp use one of these methods:

For broiling in the shell: Place the rock shrimp on a cutting board, dorsal side down and the swimmerets up. With a sharp knife, cut from the base of the tail to the other end, but not through the shell. Gently spread the meat apart to expose the sand vein and wash under cold running water.

To remove the shell: Use sharp kitchen scissors to snip through the back, down the middle, and to the base of the tail. Gently separate shell from flesh and remove sand vein by rinsing under cold running water.

This method is recommended for boiling or sautéing.

## cooking

Rock shrimp cook more quickly than other shrimp.

*To boil:* Drop in a pot of boiling salted water, stir, and after 35 seconds pour into a colander and rinse with cold water.

*To broil:* Place 4 inches from the source of heat for 2 minutes or until the meat turns opaque.

## market segments

Rock shrimp are sold mainly to fine dining.

## nutritional facts

4 oz (114g) raw edible portion

calories 110; calories from fat 10; total fat 1g; saturated fat 0.5g; cholesterol 140mg; sodium 380mg; carbohydrates 0g; protein 21.



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