



## Suggested Preparation:

---

Dairyland Shrimp LLC encourages all consumers of our shrimp to follow these steps when preparing our fresh locally raised shrimp:

1. Pick up shrimp and keep on ice during transportation. Ice forces the shrimp into a hibernation state and makes them easier to clean.
2. Prior to cooking, rinse the shrimp in cold water.
3. Pull or cut off the head and legs if you want, although leaving the head and shells on when cooking will add more flavor.
4. If you can see it, remove and discard the vein that runs right under the surface of the back with your fingers or the tip of a knife. If you can't see the vein, don't bother with it.
5. If you choose to cook your shrimp with the head and shell on (and we suggest you do) when done simply pull the head and shell off and eat.

## Storing Shrimp

---

- Fresh Shrimp that has not been cooked is very perishable.
  - Store fresh shrimp that will not be cooked immediately in the refrigerator preferably on ice and covered with waxed paper. (The waxed paper allows air to circulate around the shrimp)
  - Cooked shrimp that is stored in the refrigerator should be eaten within 2-3 days.
  - Frozen shrimp if packed tightly, will last up to six months in most freezers.
  - Do not freeze shrimp with the heads on. Before freezing shrimp, make sure to remove the heads.
  - Once defrosted, shrimp should be kept refrigerated and used within three days. **Do not refreeze shrimp.**
-

## Frequently Asked Questions:

---

### **“Why would I leave the head on?”**

Leaving the head on ensures maximum freshness. Additionally, there is a small pocket of fat behind the head of the shrimp that, when left on, makes your shrimp taste especially amazing!

### **“How do I take the head off?”**

Hold the shrimp in one hand while grabbing the head with the other hand, then twist and gently pull the head away from the shrimp. There is no right way to de-head shrimp, if the shrimp is edible and tastes good to you then you did it right.

### **“Do shrimp feel pain when they are cooked?”**

Shrimp, like lobsters and crabs, do not have central nervous systems like humans and therefore do not have a nervous system that feels pain like humans do. And, by putting your shrimp on ice or in the refrigerator for 15 minutes, you can rest assured that you have dispatched the shrimp in the right way.

### **“How do I order more?”**

Visit [www.DairylandShrimp.com](http://www.DairylandShrimp.com)