

# Side Stripe Shrimp

Latin Name *Pandalopsis dispar*

Chinese 长条小虾

Japanese

*Side stripe shrimp are the second largest of the BC's seven commercial shrimp species*

## Flavour



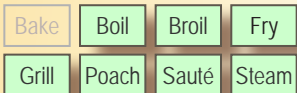
## Texture



## Omega-3 fatty acids/ gram



## Cooking Methods



## Average Portion Size

Approximately 300-400 grams  
(4/6 large/medium prawns)  
per person

## Nutritional Value

Per 100 grams (3.5 oz) of raw edible portions

Calories (cal)	106.0
Total Fat (g)	1.7
Saturated Fat (g)	0.3
Protein (g)	20.3
Cholesterol (mg)	152.0
Sodium (mg)	148.0
Omega-3 (EPA & DHA)(g)	0.5

Canadian Nutrient File, Health Canada, 2007



## How to Cook

Side stripe shrimp have a sweet, delicate flavour and firm texture. Choose shrimp that feel firm, have few or no black spots, and smell of the sea with no hint of ammonia.

Side stripe shrimp do not need to be deveined.

Thaw frozen shrimp in the refrigerator overnight, or place package in cold water until defrosted. Once thawed use quickly as shrimp are highly perishable. Do not use any shrimp that have an acrid aroma.

Cook shrimp in boiling water for only 2-3 minutes till the tails curl and meat is no longer translucent. Once cooked chill the shrimp in ice cold water immediately to stop further cooking as overcooking will toughen the meat.

Shrimp are commonly used in cocktails, appetizers, salads, casseroles, quiches, rice, etc.

## About ...

Side stripe shrimp is a large reddish brown/tan shrimp that can be distinguished from other shrimp species by its long antennules and a striped abdomen. Other BC shrimp include pink, coonstripe, humpback, and king.

A significant number of measures have been implemented in the shrimp fishery over the years to ensure sustainability of the resource.

## Availability

Available fresh

**Products**

Side stripe shrimp are available:

- Fresh
- Frozen-at-sea (FAS)
- Peeled cooked meat

Frozen products are available year-round

Jan  
Feb  
Mar  
Apr  
May  
Jun  
Jul  
Aug  
Sep  
Oct  
Nov  
Dec