

Spot Prawn

Latin Name *Pandalus platyceros*

Chinese 对虾

Japanese えび

Spot prawns are the largest of the BC's seven commercial shrimp species

Flavour



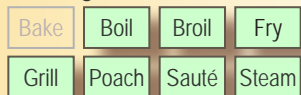
Texture



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

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

To peel and devein prawns, cut down the middle of the back shell right to the tail tip with sharp kitchen scissors. Break open the shell and pull it off leaving the tail attached. Pull or wash out the vein.

Thaw frozen prawns in the refrigerator overnight, or place package in cold water until defrosted.

Prawns require only 1 to 2 minutes cooking time and are done when they just turn pink. Overcooking will toughen the meat. Prawns can be grilled, baked, sautéed, boiled or steamed.

Recipes

Poached BC Spot Prawns with Spinach and Creamed Leeks

BC Spot Prawn Cocktail

About ...

Spot prawns are large reddish brown or tan shrimp with white horizontal bars on the carapace (shell) and white spots on the first and fifth abdominal segments.

BC's spot prawn is one of the most sustainable, regulated fisheries in the world.



Poached BC Spot Prawns with Spinach and Creamed Leeks

Availability

Available fresh

Products

Spot prawns are available:

- Live
- Fresh
- Frozen
- Frozen-at-sea (FAS)

Fresh and frozen prawns are available whole or tailed (head and thorax removed)

Frozen products are available year-round

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