

BOILED SHRIMP, FROZEN

Yield 100

Portion 7 Shrimp

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
49 cal	0 g	10 g	0 g	97 mg	112 mg	19 mg

Ingredient

SHRIMP,FROZEN,RAW,UNPEELED

Weight

25 lbs

Measure

Issue

Method

- 1 Place shellfish in perforated pans. Place perforated pans inside solid pans.
- 2 Boil until done, approximately 6 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Do not over cook. Serve shrimp immediately. Over cooking will cause shellfish to be tough, rubbery, and dry.

Notes

- 1 Shrimp may be steamed. Steam in a 5 pound PSI steamer for 14 to 16 minutes or in a 15 pound PSI steamer for 10 to 12 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.