

Cape Ann Fresh Catch

GOM Shrimp Are Here!

First ever winter shares to include Gulf of Maine Shrimp.

Gulf of Maine (GOM) Shrimp may be the best tasting least known seafood that comes from our local waters. Having fished and eaten fish since I was a kid it came as a surprise to me that there are locally caught edible shrimp, and that seafood connoisseurs consider them to be among the best tasting shrimp in the world. Yet, when I first heard of them I also found them hard to find. People told me I would have to drive to Maine and find a roadside vendor if I wanted to find super fresh high quality catch. That sounded a little sketchy to me. Should I just go to Maine and drive around and hope to see some guy in a dark alley saying, "Hey you looking for shrimp?"

My days of buying things from strange people in alleys being well behind me, I did manage to find a local fishmonger who told me all about GOM Shrimp. The GOM Shrimp season runs in the winter when the adult shrimp come inshore to lay their eggs/roe. The shrimp were over fished for years and largely fell off the radar for consumers, processors and fishermen, but in one of the few success stories of single stock management the shrimp stock has

rebounded nicely. One could argue that the resurgence of the stock has as much to do with other factors as management, but let's save that argument for another day. Yet while the stock continues to grow, consumers and processors are lagging behind in appreciating and consuming this tender, sweet delicate shrimp.

One of the great pleasures of being involved with CAFC in its inaugural season is hearing people talk about fish they had never eaten before.

Whiting seemed to be a favorite discovery. Yellowtail flounder also elicited many "Best Meal Ever" exclamations from members. GOM Shrimp are sure to have the same effect.

Those of us that have been aware of these shrimp eagerly await the beginning of the

season (usually early Dec.). We shun those rubbery blobs of farmed "shrimp" imported from Asia, and the sometimes good but recently plagued by quality issues Gulf of Mexico Shrimp. We preach the GOM Shrimp's virtues, noting that it is prized as sushi (see *Shrimp p.2*)



CAFC PROFILE: NIAZ DORRY

As CAFC members you can all be proud in taking part in a new and so far very successful way for fishermen and consumers to connect. Though it took the work of many to get CAFC up and running, one of the key catalysts is Niaz Dorry. Niaz's role at CAFC really only hints at her



involvement in fisheries issues though the years. Niaz currently is the Coordinating Director at North Atlantic Marine Alliance (NAMA) which is one of the sponsoring organizations for CAFC. (If you like what is happening with CAFC, please check out NAMA's website and even consider a charitable donation to NAMA or for that matter to any of CAFC's sponsors - all great organizations making a real difference in fisheries issues.)

Niaz began working with small-scale, traditional, and indigenous fishing communities in the U.S. and from around the globe as a Greenpeace oceans and fisheries campaigner. After spending eleven years at (See *Profile p.2*)

GULF OF MAINE SHRIMP RISSOTTO

One of the best ways to use Maine shrimp is in an easy, main-course risotto. Their delicate texture calls for little cooking time. In this recipe, they are stirred in off the heat as soon as the rice is done. The residual heat of the rice, in a covered pan for about 5 minutes, is all they need.

4 servings

Ingredients:

- * 3 3/4 cups Shrimp Broth
- * 3 tablespoons extra-virgin olive oil
- * 1 small onion, finely chopped (3/4 cup)
- * Pinch fine sea salt, plus more to taste
- * 2 cups carnaroli rice (may substitute arborio rice) (continued p.2)



(Recipe cont'd from p.1)

* 2/3 cup dry white wine

* 1/4 cup finely chopped chives or flat-leaf parsley

* 1 to 1 1/2 pounds (uncooked) Maine shrimp, peeled and deheaded (they do not need deveining; if using whole shrimp, reserve heads and shells for broth; see NOTE)

* Coarsely ground black pepper

Heat the broth in a medium saucepan over medium-low heat; keep it hot while you prepare the risotto.

Heat the oil in a large saucepan over medium heat. Add the onion and a pinch of salt and cook, stirring occasionally, for about 5 minutes, until the onion is translucent. Add the rice and cook, stirring constantly, for about 5 minutes, until it is chalky-looking and a white dot is visible in the center of each grain.

Add the wine and cook, stirring constantly, for about 1 minute, until it is mostly absorbed. Add 1 cup of the hot broth and cook, stirring, for 2 to 3 minutes, until mostly absorbed. Add a half-cup of broth and cook, stirring, until mostly absorbed. Repeat, adding the broth in half-cupfuls, until the rice is tender yet still slightly firm to the bite.

Add the remaining 1/4 cup of broth and the chives or parsley, stirring to combine. Remove from the heat and add the shrimp, stirring to incorporate. Cover and let sit for 5 minutes.

Season the risotto with salt and pepper to taste; serve immediately.

Recipe Source: Adapted from "Olives & Oranges," by Sara Jenkins and Mindy Fox (Houghton Mifflin, 2008).

(Profile cont'd) working on advancing the rights and ecological benefits of the small-scale fishing communities as a means of protecting global marine biodiversity independently. Time Magazine named Niaz as a Hero For The Planet for this work. Her fisheries articles appear regularly in Fishermen's Voice and SAMUDRA as well as a range of random publications. Niaz' work and approach have been noted in a number of books including Against the Tide, Deeper Shade of Green, The Spirit's Terrain, Vanishing Species, The Great Gulf, Swimming in Circles, A Troublemaker's Teaparty and The Doryman's Reflection. She is a graduate of the Rockwood Leadership Program's Leading From Inside Out as well as Art of Leadership trainings. She most recently served as the Interim Chief Operations Office for the Healthy Building Network.

(Shrimp cont'd) in Japan (amiebi - sweet shrimp), and that once you eat GOM Shrimp you will never go back to other shrimps. Convinced yet?

Cleaning, Cooking and Eating GOM Shrimp

The first thing you will notice about GOM Shrimp is their color, a deep pink/red. They are also relatively small shrimp (50-70 count/lb). You may also notice light blue eggs on most if not all the shrimp you get, which is because they are all females (see sidebar to right). Depending on what you plan to do with your shrimp, you can either peel them raw and cook the meat or cook them whole then peel them. GOM Shrimp do not need to be de-vened before cooking or eating. If you plan to freeze or store some shrimp, it is best to clean them and freeze the meat in a salt or stock broth. If you are a roe fan, try the eggs.

The key to cooking these shrimp is to understand that they are delicate and lose much of what makes them special if they are overcooked. Most recipes I have seen say to cook the shrimp for two or three minutes no more. The shells make an excellent stock as well that can be used as a base for all kinds of sauces (see GOM Shrimp Risotto recipe above). The real key however is to not overcook them and combine them with foods that allow the tender, delicate flesh and sweet flavor of the shrimp to emerge.

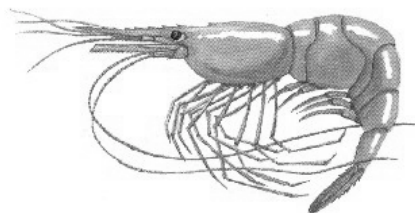
As to eating GOM Shrimp, well that's the easy part. Enjoy!

-Sean Sullivan-

The Life of GOM Shrimp

When you open your bag of shrimp, the first thing that will likely catch your eye is the light blue eggs, or roe, attached to the bellies of the shrimp. All of the shrimp you receive from CAFC are females. The reason for this is GOM Shrimp are hermaphrodites. They all begin their lives as males and at around 2.5 years of age they begin to transform from males into females. During this time they also begin to migrate from inshore waters to the deep offshore waters of the Gulf of Maine where they will spend another two years before returning to inshore waters in winter to spawn and in some cases get caught and eaten.

This year our CAFC fishermen have collaborated with researchers to develop additional sorting devices that have virtually eliminated bycatch and target only the large shrimp allowing those excluded to contribute to the next generation. These measures include a new dual-grate system. "Fishermen supplying shrimp to the Cape Ann Fresh Catch CSF and the rest of our team met with the UNH gear researchers just last week to learn how the dual-grate works since they will be using this gear this winter," said Steve Parkes, Cape Ann Fresh Catch's boat-to-table coordinator. "This new gear will allow us to deliver the freshest local shrimp while ensuring the small shrimp go back into the ocean alive to contribute to the next generation of shrimp."



For more information about joining this community supported fishery please visit www.capeannfreshcatch.org or call 978-283-2504. And please support our sponsors (above!)