

Heading, Peeling and Deveining Shrimp

HOW TO SELECT, HANDLE, CLEAN AND STORE SEAFOOD

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Removing shrimp head - Hold a shrimp in one hand. With your thumb behind its head, push the head off. Be sure to push just the head so that you do not lose any meat.



Removing shell and deveining, Method 1 - If using deveiner, insert it at the head end just above the vein.



Push through to the tail and remove the shell. This removes the vein at the same time. Rinse shrimp well under cold running water.



Removing shell and deveining, Method 2 - If you prefer to use a paring knife, shell shrimp with your fingers or knife. To remove the vein, use the knife. rinse well under cold, running water.



Adapted from [Mariner's Menu: 30 Years of Fresh Seafood Ideas](#)

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