Louisiana HARVEST of the MONTH

Shrimp Stock

Home Recipe

Serves: 4
Cook Time: 10 minutes

Ingredients

- Shells from 1 lb of shrimp
- 4 cups water
- 8 black peppercorns
- 1 bay leaf
- 1/2 tsp salt

Nutrition Facts

4 Servings Per Container
Serving Size 1 cup (242ml)

Amount Per Serving	
Calories	**5**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol <5mg	**1%**
Sodium 310mg	**15%**
Total Carbohydrates 1g	**0%**
Dietary Fiber 0g	**2%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein <1g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.2mg	2%
Potassium 30mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Instructions

1) Heat 1 tablespoon vegetable oil in Dutch oven over high heat until shimmering.
2) Add shells and cook, stirring frequently, until shells begin to turn spotty brown, 2 to 4 minutes.
3) Add water, peppercorns, bay leaf, and salt and bring to boil. Reduce heat to low and simmer for 5 minutes. Strain stock through fine-mesh strainer set over large bowl, pressing on solids with rubber spatula to extract as much liquid as possible; discard solids.

LSU AgCenter
Research · Extension · Teaching

For More Information
louisianafarmtoschool@agcenter.lsu.edu
www.SeedstoSuccess.com

This Institution is an equal opportunity provider.

SEEDS to SUCCESS
THE LOUISIANA FARM TO SCHOOL PROGRAM