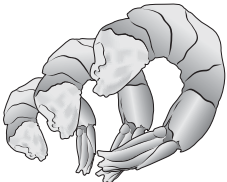
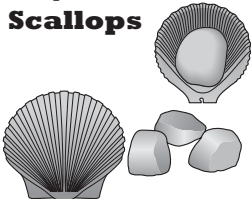
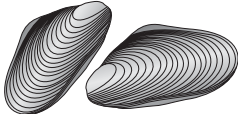
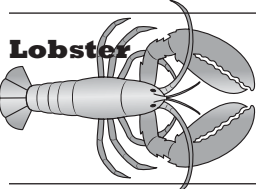


Shellfish Primer

Shrimp, scallops, lobster, clams, and mussels are the most popular shellfish. Shrimp and scallops have usually been frozen and are defrosted by the fishmonger before selling. They will last a day in your refrigerator, after which they should definitely be cooked. Lobsters, clams, and mussels are sold live. It is best to cook and eat lobster the day it is purchased. Clams and mussels in their shells can be stored in the refrigerator covered with a damp towel for several days.

	Description	Portion	How Dad likes to cook it
Shrimp 	Comes in 3 sizes: jumbo (9–15 per pound); extra large (16–20 per pound); large (26–30 per pound); and medium (31–44 per pound).	1/4 pound per person	Barbecue jumbo shrimp. Use large ones for shrimp cocktail. Sauté medium shrimp with shells on in oil and garlic and add to spaghetti sauce.
Bay & Sea Scallops 	Bay scallops are small and more tender than the larger sea scallops; both are creamy white, sweet, and mildly fishy.	1/4–1/3 pound per person	Sauté with chopped shallots, sliced mushrooms, and lots of garlic, then deglaze the pan with white wine and pour over the scallops; garnish with fresh parsley.
Mussels 	Deep purple oblong shells	1/2 pound per person, shells on	Look for cultivated mussels. Steam in a few inches of white wine seasoned with lemon juice, parsley, and chopped garlic.
Lobster 	Deep purple shells; alive with claws intact	At least a 1 1/4 pound lobster per person, shell on	Boil and serve with melted butter, for dunking. Drain well in sink before serving.