



**Tips to freezing fresh shrimp:**

Divide your washed shrimp into the size servings you will use at each meal. Leave the shell on the shrimp until you thaw them for your meal.

Put each portion into a heavy-duty ziplock bag and cover the shrimp with good water. If you have lousy tap water (like High Point) use bottled or filtered water. Seal the ziplock bag and your shrimp should be covered with water. When frozen your shrimp will be frozen inside a block of ice that will protect them from air which is the culprit in freezer burn.

When ready for shrimp, thaw frozen bag in a colander in a bowl in your fridge overnight and drain water so shrimp aren't sitting in water. Cook when you're ready to eat.