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Shrimp has now for quite some time been a very common name in the list of seafood recipes. Just at a mere glance, though it might be found to be the same as the prawns but there is quite some difference between the two. The most noticeable difference being the pronounced bend that is present in the abdomen area of the shrimps is missing in the prawns. Apart from that there is also pronounced difference in size, structure and color between the two. The behavioral patterns are also not totally the same.

Though biologically the shrimps and the prawns are different, in most commercial purposes their names are interchanged in accordance to the needs. While in United Kingdom the usage of the word prawn is more common, the word shrimp is most commonly in use in North America. Sometimes it also happens that shrimps that are a little bigger in size like the ones over 15 pounds are referred to as prawns. Whatever the name by which it is called this creature always finds a place in the seafood recipes undoubtedly. This is mainly because of the range of delicacies that can be made out of it.

Shrimp has quite a few advantages over other animals that keep it ahead of them in the seafood recipes. They are very high in protein, iodine and calcium but lack the energy supply from them. There are different modes of preparation of it and depending on that mode varies the amount of cholesterol it supplies to the human body. The consumption of the shrimps is considered helpful for the circulatory system in the human body. Shrimps have significantly low levels of fat and hence its cholesterol count is quite helpful for human body. This accounts for the maximum usage of shrimps in the recipes for sea foods.

Shrimps find innumerable places in the list of recipes of sea foods. Shrimps are not only used as ingredients to make salad but also used as sole ingredients for many dishes. They are used as sole ingredients in dishes like shrimp spaghetti, shrimp kebab, soups, grilled, taco and what not. They are also used as decorative appetizer for many dishes as they with other standard dishes very well. They even blend very nicely with fruits, vegetables and cheese. Thus shrimps are among the primary ingredients of the dishes found in seafood recipes.

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