Article published on February 3rd 2012 | Food

Experts say seafood is one of the best sources of food supplements for our body. It consists of vitamins, minerals and other necessities. It helps to cure heart, brain, bone inflammation and other diseases. Shrimp, lobster, sea weed, crab and others constitute this type of food.

Various categories of the food are available everywhere, especially in the coastal areas. Some are expensive while others fit within your budget. If you have no clue about what to eat, search the internet and books to get some idea. A number of eateries, restaurants and hotels serve various dishes and they are in huge demand.

Seafood can be expensive. The reason is demand and supply. Also various methods are used for capturing and storing the species, thus costs go up. A chain of people is involved in the whole operation of fishing, processing and selling. Among all, the shrimp industry is a big one earning millions of dollars through various forms.

A shrimp is a swimming, decapod crustacean which is found around the world in sea and fresh water. Common methods for catching this crustacean includes otter trawls, nets, baiting etc. Production of these increase every year as a result of rise in demand and with better techniques used, things become a hell lot better.

This species is also used for recreation, which is done for non commercial purposes. If you are interested, you can source the required instruments from renowned companies while abiding by the laws. It is a great source of entertainment and in some countries, a time period is fixed. A number of people turn up in these events.

Marketing this variety requires a lot of attention. These are sold frozen and in proper containers in order to keep it fresh. In most cases, it is found that this seafood smells bad. If demand exceeds supply, prices go up to a huge extent.

There are various types of seafood available in the market. It is easy to combine with other ingredients and offers something different. As these are easy to prepare at home less time is taken to cook. While cooking, make sure you remove the shell and clean the body carefully, especially the dark band running from head to tail. Avoid cooking for a long time and continuously monitor the same depending on the size. The internet offers a wide range of baked shrimp which makes it even better.

Article Source:
http://www.articleside.com/food-articles/shrimps-grow-as-demand-for-sea-food-rises.htm - Article Side

Makjones - About Author:
Mak Jones is a top chef who has good knowledge on a shrimp. To know about a seafood, please do visit a http://getmainelobster.com/

Article Keywords:
Shrimp, seafood

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!