

**YOUR
FREE
SPRING
COOKBOOK**

WE



**LOVE
AUSTRALIAN
PRAWNS**

SPRING

Welcome to the Australian Prawns Spring Cookbook.

This cookbook contains 33 recipes for celebrating and entertaining in Spring with Australian Prawns.

It has been designed so you can easily print out the recipes you want on a home printer. Each recipe has large type and smaller images to make them easy to read and save you ink.

If you would like to view these recipes directly on your mobile or tablet device, then tap here to be taken to a page that automatically resizes to fit your device. Simply bookmark

You can also tap here to use the "Prawn Finder" and locate fresh quality Australian Prawns near you

Australia's Prawn fishers and farmers work hard to bring you quality product from sustainable and well managed fisheries and farms.

Click here to find out more about prawn nutrition and sustainability



Common Types of Australian Prawns



Pickled prawns on crostini with slow roasted tomatoes.



Ingredients

Pickling Liquid

2 cups white wine vinegar
1 cup caster sugar
1 tbsp fennel seeds
1 tbsp coriander seeds
1 tbsp sea salt
zest of 1 lemon
1 bay leaf

Other ingredients

1kg prawns, peeled, cleaned and chopped into 1 cm pieces
1 kg heirloom tomatoes, large ones halved
1 bunch of thyme
1/3 cup olive oil
1kg of rock salt
2 long, thin baguettes, halved horizontally
olive oil, for brushing
baby basil, to serve

Dressing

1/4 cup extra virgin olive oil
2tbsp reserved pickling liquid

Method

To make the pickling liquid: Combine 3 cups of water, white wine vinegar, sugar, fennel and coriander seeds, sea salt, lemon zest and bay leaf in saucepan and bring to the boil. Simmer for 5 mins or until sugar has dissolved. Remove from heat and let cool completely.

To Pickle: Place prawns in a medium non-reactive bowl and pour over pickling liquid. Transfer to the fridge to pickle overnight or for at least 4-5 hours. Preheat oven to 100°C

Place rock salt and thyme on a large baking tray. Top with tomatoes, season with pepper and roast for 3-4 hours.

Remove tomatoes and let cool slightly. Drain prawns from pickling liquid, reserving 2tbsp.

To make dressing, whisk ingredients together in a medium bowl. Add prawns and tomatoes. Place halved baguette on a baking tray, brush with olive oil and grill for 2-4 minutes until golden. Top with prawn and tomato mixture and sprinkle with baby basil leaves.

Jerked barbecued jumbo prawns with chilli lime corn



Ingredients

6 long red chillies, deseeded
1½ tablespoons whole all spice
1 teaspoon ground cumin
1 teaspoon ground nutmeg
1 red onion, peeled and diced
6 cloves garlic, chopped
1 tablespoon grated ginger
¼ cup vegetable oil
¼ cup white vinegar
¼ cup dark rum
2 ½ tablespoons fresh lime
1 tablespoon caster sugar
16 extra large prawns, peeled with head and tails intact
Chilli lime butter
4 cobs corn
50 g butter
1 long red chilli, deseeded and finely chopped
1 tablespoon lime zest
Sea salt and freshly cracked black pepper
Baby salad leaves to serve

Method

Place the chilli, allspice, cumin, nutmeg, onion, garlic, ginger in a blender and process until finely chopped.

Add the oil, vinegar, rum, lime and sugar and process until combined.

Place prawns in a bowl pour over jerk seasoning and refrigerate for 1 hour.

Place corn on the BBQ or char grill and cook on high, turning for 10 minutes or until charred and cooked.

Place butter, chilli and lime in a bowl, season with salt and pepper. Mix until well combined and brush over the corn while still hot. Keep warm.

Thread prawns onto metal skewers and grill for 4-5 minutes each side or until just cooked. Serve with chilli lime corn and fresh salad leaves.

Salt baked small jalapeño potatoes with prawns



Ingredients

12 medium potatoes, scrubbed clean
1 kilo rock salt
75g softened butter
2 green onions finely chopped
2 cloves garlic, crushed
4 fresh jalapeños, deseeded and chopped
Juice and zest of one lime
¼ cup coriander leaves, finely chopped
24 small peeled prawns
1 long red chilli deseeded and finely chopped
Baby coriander and crème fraîche to serve

Method

Preheat oven to 200°C. Prick the potatoes with a fork and place on tray lined with rock salt. Bake for 1 hour or until the skin is crisp and the potato is cooked through.

Place the butter, green onion, garlic, jalapeño peppers, coriander, lime juice and zest into a bowl and mix until well combined.

Split the potatoes down the centre and top with prawns spoon over the butter and return to the oven for 2-3 minutes to warm through. Top with crème fraîche, chilli and baby coriander leaves.

Prawn and pork belly pot stickers



Ingredients

200g green prawn meat, roughly chopped
100g pork belly, roughly chopped
2 tbsp finely sliced green shallots
2 tbsp finely chopped coriander leaves
1 tbsp finely grated ginger
2 tsp oyster sauce
2 tsp light soy
2 tsp dry sherry/Chinese cooking wine
1 tsp brown sugar
½ tsp sesame oil
24 round gow gee pastry wrappers
cornflour, for dusting
1/3 cup vegetable oil
black vinegar and pickled red chilli, to serve

Method

Combine pork belly mince, green shallots, coriander, ginger, oyster sauce, light soy, sherry, brown sugar and sesame oil together in a food processor, and process until finely chopped.

Add prawn meat and pulse until just combined.

Wet the edge of a gow gee wrapper with a little water. Place 1 teaspoon of the filling in the centre. Fold wrapper in half then press edges together to seal. Toss heavily in corn flour. Repeat with remaining wrappers and filling.

Heat a little of the oil in a large non-stick frying pan over medium heat. Add 8 dumplings at a time in a single layer, then add ½ cup water. Cover for 5 minutes or until most of the water has evaporated.

Remove the lid and cook for 2-3 minutes until dumplings are crisp and golden and a lace pattern has formed in the pan. Invert carefully onto a plate. Repeat with remaining oil and dumplings. Serve with black vinegar, chilli and chilli sauce.

Australian Prawn Panzanella Salad



Ingredients

24 large green Australian Prawns
6 slices ciabatta cut into thick slices
Olive oil for brushing
1 clove garlic, halved
Sea salt & freshly cracked black pepper
1 Lebanese cucumber peeled & sliced
1 small red onion, thinly sliced
500g mixed cherry tomatoes, halved
Fresh basil to serve

Dressing

1/2 cup red wine vinegar
1/2 cup olive oil
1 teaspoon fennel seeds, ground

Method

Preheat a barbeque or grill plate over a high heat. Peel & devein the prawns, leaving the tails intact. Brush the bread & prawns with oil, rub with garlic & season with salt & pepper. Cook for 2-3 minutes each side or until bread is charred & prawns are cooked through.

Allow to cool slightly.

Place cucumber, onion, tomatoes, prawns & bread into a bowl, season with salt & pepper & pour over dressing.

Toss to combine & allow to stand for 10-15 minutes. Top with fresh basil to serve.

To make the dressing: Place vinegar, oil & fennel seeds into a small bowl & mix to combine.

Prawn finger sandwiches with chives and chilled salmon caviar



This is a perfect Valentines Day Dish. To save money you can swap the caviar for a dipping sauce

Ingredients

24 cooked prawns, peeled tails intact
¼ cup mayonnaise, plus extra for spreading
¼ cup crème fraiche
½ teaspoon celery salt, plus extra to serve
1 teaspoon Tabasco
the zest and juice of one lemon
8 slices white bread
½ cup chopped chives
1 x 100g jar of salmon caviar
celery salt to serve

Method

Remove tails from half of the prawns, finely chop and place in a bowl along with mayonnaise, crème fraiche, celery salt, tabasco, lemon zest and juice.

Mix to combine. Divide the prawn mixture between four slices of bread. Top with remaining bread and using a sharp serrated knife remove crusts and cut each sandwich into four squares.

Spread a little extra mayonnaise along one side of sandwich and dip into the chopped chives. Serve immediately with chilled salmon roe, celery salt and extra peeled prawns.

Yakatori prawns with sesame coated avocado, pickled ginger and sesame dressing



Ingredients

12 medium green prawns, peeled tails intact
1 avocado, peeled and quartered
¼ cup roasted white sesame seeds
3 green shallots, julienned
4 small radishes, cleaned and thinly sliced
100g pickled ginger, drained
1 cup baby coriander leaves or baby sorrel leaves
1 ½ tbsp. rice wine vinegar
1 extra teaspoon sesame seeds

Yakatori Marinade

2 tablespoons light soy
2 tablespoons mirin
3 tablespoons brown sugar
2 teaspoons sesame oil
2 teaspoons finely grated ginger

Method

To make marinade: place the soy, mirin, vegetable oil, sugar, sesame oil and ginger in a bowl and mix to combine. Divide marinade in half. Add prawns to one half and refrigerate for 30 minutes. Add rice wine vinegar and sesame seeds to the remaining marinade to make sesame dressing and set aside

Thread prawns onto skewers. Heat a bbq or grill pan over high heat. Cook skewers in batches for 2-3 minutes each side or until just cooked.

Coat each quarter of avocado in sesame seeds. Place radish, ginger and baby herbs in a bowl and toss to combine. Serve skewers with sesame avocado radish salad and sesame dressing. **Serves 4**

Crispy haloumi, prawn and avocado salad with parmesan crisps



Ingredients

12 thin slices of baguette
1 cup grated parmesan
2 tablespoons olive oil, plus extra for brushing
200 g haloumi, sliced
16 large cooked prawns
2 cups watercress leaves, washed
½ cup buttermilk
2 tablespoons lemon juice
1 tablespoon chopped mint
salt and pepper
1 large avocado cut into wedges
fresh lemon and mint to serve

Method

1. Brush each slice of bread with olive oil and press face down into the parmesan to coat.
2. Heat oil in a large frying pan over medium heat and cook baguette slices for 1-2 minutes each side until golden. Set aside.
3. Add haloumi to the pan and cook for 2-3 minutes each side or until golden.
4. Divide the prawns watercress and avocado between bowls. Mix together the buttermilk, lemon juice and mint, season to taste and drizzle over the prawn salad.
5. Top with crispy haloumi and serve with fresh lemon and parmesan crisps.

Blood Mary Mayo Dipping Sauce



Ingredients

2 kilos cooked whole Australian prawns
2 cups whole egg mayonnaise
3 tablespoons tomato juice
2 teaspoons Tabasco sauce
1 teaspoon Worcestershire sauce
Fresh lemon and celery salt to serve

Method

Place the mayonnaise, tomato juice, Tabasco and Worcestershire sauce in a bowl and mix to combine.

Serve with fresh cooked Australian prawns, lemons and celery salt.

Makes 2 cups

Yoghurt chilli, coriander & coconut dipping sauce



Ingredients

1 cup plain yogurt
3/4 cup roughly chopped coriander
1 tablespoon fresh lime juice
2 small green chillies, deseeded and finely diced
salt and pepper
toasted coconut and baby mint to serve

Method

Place all the ingredients in a bowl and mix to combine. Sprinkle baby mint and coconut on top to serve.

Makes 1 ½ cups

Crispy Prawn Sliders with Fennel Slaw and Dill Pickle Mayonnaise



Ingredients

½ cup whole-egg mayonnaise
½ cup chopped dill pickles
¼ cup dill sprigs, chopped
1 tablespoon lemon juice
1 cup plain flour
⅓ cup cornflour
1 teaspoon baking powder
1 teaspoon caster sugar
1 teaspoon sea salt
330ml beer
24 medium green Australian prawns
Vegetable oil, for deep frying 8 dinner rolls,
halved
Butter lettuce to serve
Deli crisps and lemon to serve

Method

Place flour, cornflour, baking powder, sugar, salt and beer in a large bowl and whisk until just combined. Heat oil in a large saucepan over a medium heat until the temperature reaches 180C on a deep frying thermometer.

Peel and devein the prawns, leaving the tails intact or remove if desired. Dip the prawns in the batter and cook in batches for 1-2 minutes or until golden and cooked through. Drain on paper towel. Spread mayonnaise over the base of the rolls and top with cooked prawns. Serve with deli crisps and lemon.

To make the dill pickle mayonnaise: Place mayonnaise, pickles, dill and lemon juice into a bowl and mix to combine.

Cucumber and coconut prawn rice paper rolls



Ingredients

20 small green prawns, peeled, deveined, tails intact
2 eggs, lightly beaten
1/4 cup plain flour
1 cup shredded coconut
vegetable oil, for shallow-frying
10 rice paper rounds
5 Lebanese cucumbers thinly sliced
1 cup vietnamese mint leaves
1 cup thai basil leaves
2 avocados cut into thin wedges
candied cashews
1/2 cup caster sugar
2 tablespoons water
1 tablespoon lime zest
1 tablespoon lime juice
1 cup salted roasted cashew nuts
lime chilli dipping sauce
1/3 cup lime juice
1 tablespoon fish sauce
1 tablespoon finely grated palm sugar
1 small red chilli sliced

Method

To make the lime dressing: place all the ingredients into a bowl and mix.

To make the candied cashews: Place the sugar and water into a small saucepan over high heat, stir until sugar dissolves and boil until starting to go golden. Add the lime zest and juice and bring back to the boil. Add the cashews and mix to coat. Spread out onto a tray to cool and then roughly chop.

Season the flour with salt and pepper. Dip each prawn in flour then into the egg & roll in coconut to cover, set aside. Heat oil in a large deep sided frying pan or wok to 180°C. Cook prawns in batches for 3-4 minutes or until golden and crisp. Set aside keep warm.

Soak rice paper rounds one at a time in cold water until softened. Spread out onto a clean work surface and top with four cucumber strips. Top with prawns, mint, basil, avocado and roll, folding in the sides to enclose. Repeat with remaining ingredients. Serve with dipping sauce extra herbs and candied cashews.

Makes 10

Prawn, chorizo, and chipotle mayo burger



Ingredients

12 x green prawns, cleaned and deveined
750g beef mince
2 chorizo sausages, skin removed
½ cup vegetable oil
4 slices of aged cheddar cheese
4 long cucumber pickles, sliced
4 brioche buns, halved
vegetable oil for brushing
butter, softened for brushing
watercress, to serve

Chipotle mayo

2 chipotle in adobe, finely chopped
1/3 cup mayo
2 tablespoons sour cream
zest of 1 lime

Makes 4 Burgers.

Method

To make the chipotle mayo: place the chipotle, mayonnaise, sour cream and lime zest in a small processor and process until well combined.

Place beef mince in a medium bowl and season with salt and pepper mix and a little flour until well combined and mince holds together. Divide mix into four and shape in patties. Transfer to a baking tray lined with baking paper and place in the fridge to firm slightly.

Place chorizo in a food processor bowl and blitz until finely chopped. Heat vegetable oil in a large non-stick pan on medium-high heat and fry chorizo for 2-3 minutes until crisp and starts to resemble crumbs. Strain oil and drain crumbs on paper towel.

Preheat bbq or char grill pan over medium heat. Brush patties with a little vegetable oil and grill for 3-5 minutes each side until charred. Top with cheese keep warm and allow to rest.

Brush prawns with a little vegetable oil and season well with salt and pepper. Grill prawns, in batches, for 1-2 minutes per side or until golden and cooked. Keep warm.

Toast cut sides of buns on the bbq for 30 seconds -1 min until slightly charred, then brush with butter. Top with patty, watercress, pickles, 3 prawns and chorizo crumbs. Spread 1tbsp of chipotle mayonnaise on top half of bun, place and serve with fries.

Grilled prawns with Sesame-Chipotle Mole and tortilla



Ingredients

24 medium green Australian prawns, peeled and tails left intact
2 cups of buttermilk
1 litre vegetable oil, for deep frying
3 small fennel, finely shaved on a mandolin
2 tbsp finely chopped chives
¼ cup each of dill and chervil fronds
300g flour
1 ½ tbsp mustard powder
1 ½ tbsp smoked paprika
1 ½ tbsp crushed fennel seeds
1 ½ tbsp garlic powder
1 tbsp baking powder
3 large eggs, whisked
1 long white baguette, cut in half lengthways
1 baby cos, leaves separated

Buttermilk dressing

1/3 cup sour cream
1/3 cup buttermilk
2/3 cup mayonnaise
Zest and juice of 1 lemon

Method

To make the mole: Place the almonds, sesame, peppers, chillies, sugar and sherry vinegar in a small food processor and process until a coarse paste. Preheat a bbq or grill plate over high heat. Brush prawns with mole, drizzle with oil and cook for 2-3 minutes each side.

Place the avocado, lime and chilli in a bowl. Season with salt and pepper and toss to combine. Top with baby coriander to serve. Serve the grilled prawns with guacamole and grilled tortillas. **Serves 4**

Grilled Australian Prawns with Tarragon and Garlic Butter



Ingredients

100g butter, softened
2 cloves garlic, crushed
2 tablespoons chopped tarragon leaves
½ teaspoon chilli flakes
24 extra large green Australian prawns
2 teaspoons sea salt
1 tablespoon finely grated lime rind
Lime wedges to serve

Method

Place butter, garlic, tarragon and chilli into a bowl and mix to combine.
Spread the butter over prawn meat and place on a metal tray.
Halve the prawns lengthways and clean.
Cook prawns under a hot grill for 2-3 minutes or until golden and cooked through.
Combine salt and lime rind and sprinkle over prawns.
Serve with extra melted garlic butter and fresh lime wedges.

Australian Prawn Tacos with Pickled Jalapeno Salsa



Ingredients

½ cup sliced pickled Jalapenos
3 tablespoons pickled Jalapenos liquid
¼ cup coriander leaves, chopped 1 green onion, chopped
24 large cooked Australian prawns
1 red onion thinly sliced
⅓ cup white wine vinegar
8 small corn tortillas, grilled
Coriander leaves and fresh lime to serve

Method

To make the pickled jalapeno salsa: Place Jalapenos, pickling liquid, coriander and green onion into a small food processor and process till coarsely chopped.

To make the tacos: Peel and devein the prawns, leaving the tails intact or remove if desired. Place half of the salsa into a bowl, add the prawns and toss to combine.

Refrigerate until ready to serve.

Place the onions and vinegar into a bowl and season with salt and pepper, toss to combine.

Refrigerate for 30 minutes.

Divide the cabbage and prawns between the tortillas, top with pickled onions, coriander and fresh lime juice.

Serve with extra pickled jalapeno salsa.

Australian Prawns with Vodka & Lemon or Vodka & Pink Grapefruit Granita



Ingredients

24 large cooked Australian Prawns

Vodka & lemon granita

2 ½ cups water

¾ cup caster sugar

1 tbsp finely grated lemon rind ¾ cup lemon juice

2 tbsp vodka

Vodka & grapefruit granita

2 cups water

¾ cup caster sugar

1 ¼ cup pink grapefruit juice

2 tbsp vodka

Method

To make the vodka & lemon granita: Place water, sugar in a small saucepan over a medium heat & stir until the sugar has dissolved. Set aside to cool completely. Stir in the lemon rind, lemon juice & vodka. Place in a shallow metal container. Freeze for 4-5 hours or until completely set. Rake with a fork.

To make vodka & grapefruit granita: Use the same method as above but replace lemon juice & rind with pink grapefruit juice. Peel and devein prawns, leaving tails intact and serve with granita.

Australian Prawn & Chorizo Paella



Ingredients

12 large green Australian Prawns
1 tablespoon olive oil
1 onion finely chopped
4 cloves garlic, crushed
2 air dried chorizo, sliced
2 teaspoons smoked paprika
1 pinch saffron threads
4 ½ cups chicken stock
2 cups paella rice
Sea salt & cracked black pepper
2 cups parsley leaves
1 lemon, peeled & segments removed
1 tablespoon olive oil
1 tablespoon red wine vinegar
Store-bought aioli, to serve

Method

Heat oil in a large deep-frying pan over a high heat. Add the onion, garlic & chorizo & cook for 2-3 minutes or until lightly golden. Add the paprika & saffron & cook stirring for a further minute. Add 4 cups of stock, stir & bring to the boil. Add the rice & stir to even the mixture. Peel & devein prawns leaving tails intact. Push the prawns into the mixture, reduce the temperature to low & cook, without stirring for 15 minutes. Increase the temperature to medium & cook the paella for a further 4-5 minutes, adding the extra stock gradually if necessary, or until the rice is al dente. Season with salt & pepper & remove from the heat. Cover surface with a clean towel & allow to rest for 10-15 minutes or until the liquid is absorbed & the prawns are cooked through. Place the parsley, lemon segments, olive oil & red wine vinegar into a bowl & toss to combine. Serve paella topped with parsley salad & aioli.

Grilled Australian Prawns with Coriander and Candied Lime Peanuts



Ingredients

16 large green Australian Prawns
Vegetable oil for brushing
2 tbsp fish sauce
¼ cup caster sugar
¼ cup water
2 kaffir lime leaves finely chopped
1 cup peanuts roughly chopped
¼ cup coriander leaves, chopped, plus extra to serve
Fresh lime to serve

Method

Preheat a char grill or barbecue over high heat. Remove prawn heads & veins, brush prawns with oil & cook for 2-3 minutes each side. Set aside & keep warm.

Place the fish sauce, caster sugar, water & lime leaves into a small frying pan over high heat, bring to the boil, add peanuts & simmer for 1-2 minutes or until thickened.

Pour over prawns, add coriander & toss to combine.

Serve with lots of fresh lime wedges & extra coriander.

Modern Prawn Caesar Salad



Ingredients

2 kilos small green Australian prawns

1 cup cornflour

Vegetable oil for deep-frying

Salt and pepper mix

2 teaspoons white peppercorns

2 teaspoons Sichuan pepper

1 tablespoon sea salt flakes

Method

To make the salt and pepper mix, place the white pepper and Sichuan pepper in a mortar and pestle and grind to a powder.

Add the salt and mix to combine then set aside.

Preheat oil in a large saucepan or wok to 190 C.

Place the cornflour and half the salt and pepper mix in a bowl and mix to combine.

Peel prawns leaving tail intact.

Add to mix and toss to coat.

Shake of any excess flour and cook in batches for 2-3 minutes or until golden and crisp.

Drain on kitchen paper and serve with fresh lemon and extra salt and pepper mix.

Classic Salt and Pepper Australian Prawns



Ingredients

2 kilos small green Australian prawns

1 cup cornflour

Vegetable oil for deep-frying

Salt and pepper mix

2 teaspoons white peppercorns

2 teaspoons Sichuan pepper

1 tablespoon sea salt flakes

Method

To make the salt and pepper mix, place the white pepper and Sichuan pepper in a mortar and pestle and grind to a powder.

Add the salt and mix to combine then set aside.

Preheat oil in a large saucepan or wok to 190 C.

Place the cornflour and half the salt and pepper mix in a bowl and mix to combine.

Peel prawns leaving tail intact.

Add to mix and toss to coat.

Shake of any excess flour and cook in batches for 2-3 minutes or until golden and crisp.

Drain on kitchen paper and serve with fresh lemon and extra salt and pepper mix.

Lime and Lemongrass BBQ Skewered Prawns



Ingredients

24 extra large green Australian prawns
2 stalks lemongrass, white part only, finely chopped
2 long green chillies, finely chopped, plus extra for rice
1 teaspoon finely grated ginger
1 teaspoon sugar
1 tablespoon fish sauce
2 tablespoons vegetable oil
2 cups jasmine rice
¼ cup coconut cream
½ teaspoon table salt
Fresh coconut, lime, cucumber and mint to serve

Method

Place the lemongrass, chillies, ginger, sugar and fish sauce in a small food processor and process to a rough paste.
Place lemongrass paste and vegetable oil in a large bowl and combine.
Peel the prawns leaving the tails on.
Add prawns and toss to coat.
Thread onto skewers lengthways.
Cover and refrigerate for 1 hour to infuse flavours.
Rinse rice thoroughly under cold water and place in a medium saucepan with 2½ cups of water.
Bring to the boil and cook uncovered for 8-10 minutes or until tunnels appear.
Reduce heat to low and cook covered for another 5 minutes.
Remove from heat and stir through coconut cream, salt and extra chilli.
Allow to stand for 5 minutes, covered.
Preheat a chargrill or barbeque and cook for 1-2 minutes each side or until just cooked through.
Serve with fresh coconut, cucumber, mint and lime

3 Easy Dipping Sauces



Ingredients

2 kg large cooked chilled Australian Prawns

Ginger Lime and Chilli

2 long red chillies

1 tablespoon grated ginger

Juice of lime

Pinch of castor sugar

Chopped coriander

Smoked Chilli Mayonnaise

1 cup mayonnaise

1 teaspoon smoked paprika

Pinch of cayenne

1 tablespoon lemon juice

Rocket and Horseradish Pesto

2 cups rocket leaves

¼ cup toasted pine nuts

1 tablespoon horseradish

Juice of a lemon

½ cup of good quality olive oil

Method

Ginger Lime and Chilli

Deseed and finely chop 2 long red chillies, combine with a tablespoon of grated ginger, the juice of a lime and a pinch of caster sugar. Finish with some chopped coriander to serve.

Smoked Chilli Mayonnaise

Combine a cup of mayonnaise with a teaspoon of smoked paprika, a pinch of cayenne and a tablespoon of lemon juice.

Rocket and Horseradish Pesto

Blend 2 cups of rocket leaves with a ¼ cup of toasted pine nuts, a tablespoon of horseradish relish, the juice of a lemon and a ½ cup of good quality olive oil.

A Bucket of Australian Prawns with Texas Green Chilli Mayonnaise



Ingredients

24 large cooked Australian Prawns

Green chilli mayo

2 long green chillies

1 tbsp peeled & chopped ginger

2 cloves garlic, roughly chopped

1 tbsp brown sugar

Zest & juice of one lime

1 cup coriander leaves

1 tbsp soy sauce

1 cup mayonnaise

Method

To make the mayonnaise: Heat a small fry pan over high heat & cook chillies turning for 5-10 minutes or until charred.

Discard the stalks & roughly chop.

Place chillies, ginger, garlic, sugar, lime zest & juice, coriander & soy into the bowl of a small food processor & process for 1-2 minutes or until finely chopped.

Stir through mayonnaise & serve with buckets of prawns on ice.

Tomato Chilli Dipping Sauce



Ingredients

6 cloves garlic, roughly chopped
2 long red chilli deseeded and roughly chopped
1/2 brown onion, roughly chopped
1 tablespoon chilli powder
2 teaspoons brown sugar
1 teaspoon smoked paprika
2 tbsp. olive oil
2 tbsp. unsalted butter
1 x 400g can crushed tomatoes
1 tablespoon lemon juice
salt and freshly ground black pepper

Method

Place the garlic, chilli, onion, chilli powder, sugar and paprika in a small food processor and process until finely chopped. Heat oil and butter in a saucepan over medium heat. Add onion mixture and cook for 5-6 minutes stirring occasionally until tender. Add the chopped tomatoes and cook for another 5-10 minutes or until thickened. Add lemon and season with salt and pepper. Allow to cool.

Makes 1 ½ cups

Vietnamese Dipping Sauce



Ingredients

¼ cup rice wine vinegar
¼ cup fish sauce
3-4 limes, juiced
1 clove garlic, minced
2 tablespoons grated carrot
2 tablespoons sugar
Pinch of red pepper flakes

Method

Place all the ingredients into a bowl and mix to combine.

Makes 1 cup

Harissa Mayonnaise dipping sauce



Ingredients

2 cloves of garlic, crushed
1 cup whole egg mayonnaise
2 teaspoons harissa paste
2 teaspoons lemon juice
2 tablespoons finely chopped preserved lemon
+ extra to serve
pinch of paprika to serve

Method

Place all ingredients into a bowl and mix to combine. Serve topped with extra preserved lemon and a pinch of paprika.

Makes 1 cup

Kale and basil pesto dipping sauce



Ingredients

1 cup basil leaves
2 cups kale leaves
2 cups watercress sprigs
½ cup blanched almonds
¼ cup pine nuts, toasted
1 clove garlic, crushed
1 tablespoon finely grated lemon rind
½ cup finely grated parmesan
¼ cup olive oil
2 tablespoons lemon juice
½ cup water
sea salt and cracked black pepper

Method

Place all the ingredients into a small food processor and process to a rough paste.

Makes 2 cups

Storing Prawns

Enjoy your prawns as soon as possible after purchase. Leave prawns in their shells until just before using them and store them in an airtight container in the coldest part of the refrigerator. Bring a small esky to keep them cool on the way home. Prawns, cooked or raw can be kept refrigerated for up to 3 days. Frozen prawns can be kept for up to 6 months if stored below -18°C.

Thawing Prawns

Frozen prawns should never be thawed at room temperature. The best way is to use a colander with a shallow tray or bowl underneath. Cover and place in the refrigerator for several hours or overnight. Thawing at low temperature helps maintain quality. Prawns may also be added to dishes without being thawed as the heat of the cooking will thaw them and any juices they give off will add to the flavour. Once thawed, prawns should not be refrozen as the quality deteriorates.

Nutrition

A platter of prawns may seem indulgent, but prawns are not just delicious, they're nutritious, so it's a good thing to dive in. Prawns are high in protein, low in fat and contain zero carbs.

They are also a good source of Omega 3 EPA + DHA. Omega 3 and 6 polyunsaturated fatty acids, better known as PUFA or good fats are important ingredients to our health that the body cannot make on its own so we have to find them in our food.

Shelling Prawns

It is slightly easier to shell a cooked prawn than an uncooked one, but following these simple steps should make it fast and fun.

- 1 Remove the head. Grab the body of the prawn just below where the head joins the first part of the body. Twist the head off.
- 2 Remove the main shell. Hold the body firmly and use your thumb to grip the legs and shell around the body of the prawn removing one section at a time. Repeat until only 1 or 2 sections remain.
- 3 Pop the tail. Squeeze the tail section and the rest of the prawn should pop out. (or leave the tail section in place for impressive presentation)

