

**YOUR
FREE
WINTER
COOKBOOK**

WE



**LOVE
AUSTRALIAN
PRAWNS**

WINTER

Welcome to the Australian Prawns Winter Cookbook.

This cookbook contains 21 winter warmer recipes for celebrating and entertaining 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

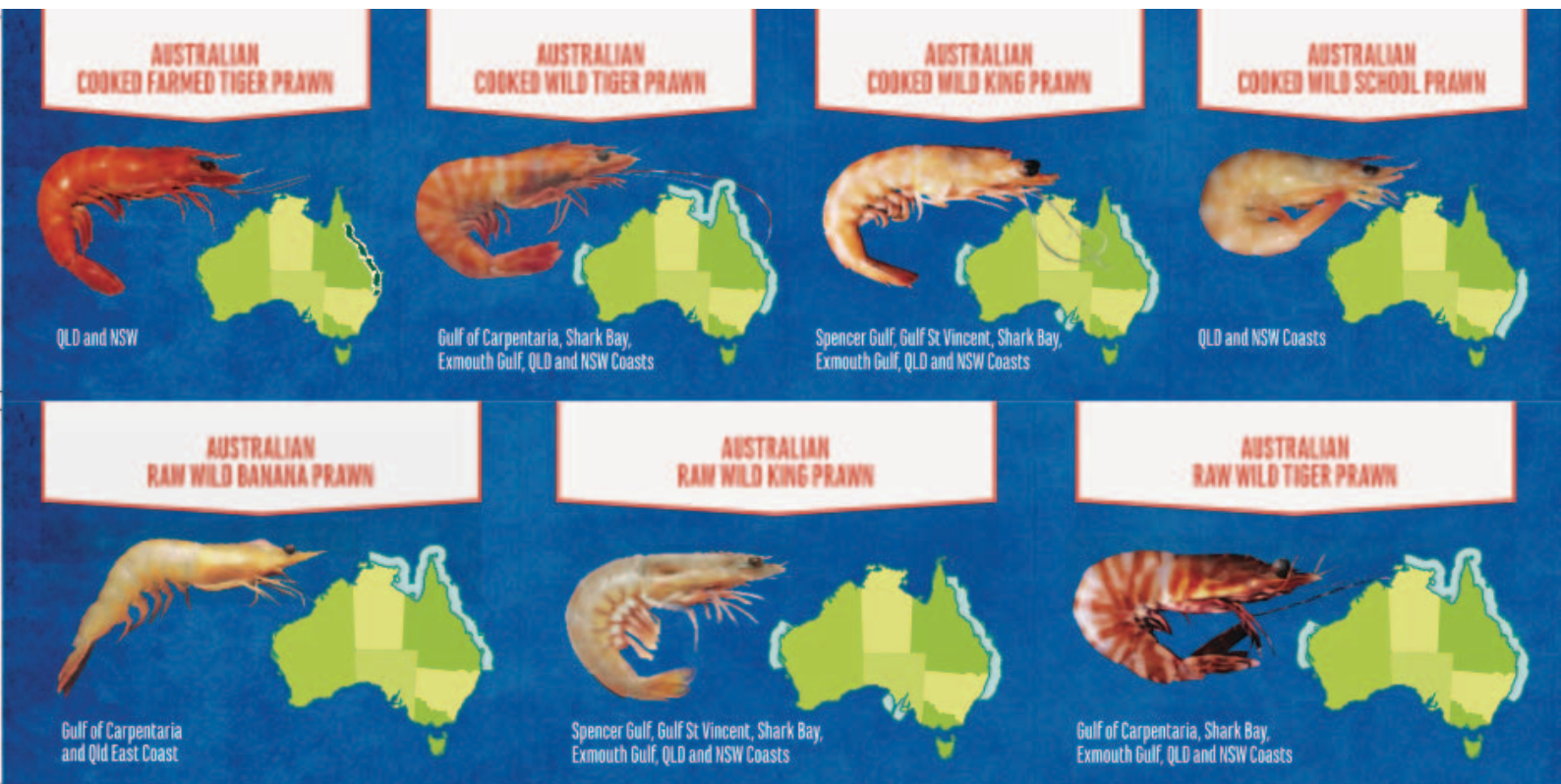
[You can also tap here to use the "Prawn Finder" and locate fresh quality Australian Prawns near you](#)

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



Spicy Red Australian Prawn Curry



Ingredients

24 large green Australian Prawns
¼ cup peanut oil
½ cup mild thai red curry paste
2 tablespoons fish sauce
1 x 400ml can coconut cream
1 cup fish stock
200g sugar snap peas, trimmed
Juice of 2 limes, plus extra lime to serve
Serve with steamed jasmine rice, store bought
roti bread & fresh coriander

Method

Heat oil in a large deep sided frying pan over a high heat.
Add the curry paste & cook stirring for 1 minute or until fragrant.
Add the fish sauce & stir for another minute.
Add coconut cream & stock, cook for 4-5 minutes or until thickened.
Peel & devein the prawns, leaving the tails intact.
Add the prawns & stir for 3-4 minutes or until prawns are cooked through.
Add sugar snap peas & stir through the lime juice.
Serve with extra lime, steamed rice, roti & coriander.

Delicate prawn ravioli with lime beurre blanc and chervil



Ingredients

20 small Australian prawns, peeled and chopped
2 teaspoons chopped tarragon
2 teaspoons chopped chervil, extra to serve
¼ cup crème fraîche
16 gow gee wrappers

Butter lime sauce

1/3 cup white wine vinegar
1 eschallot, finely diced
250g chilled butter, chopped
¼ cup lime juice
1 teaspoon finely grated lime rind

Method

To make the butter sauce: Place the vinegar and eschallot in a frying pan with ¼ cup water. Bring to the boil and simmer until the liquid is reduced by half. Strain and discard the eschallot. Return the reduction to the frying pan over medium heat and gradually adding butter whilst whisking to combine. When all the butter has melted remove from the heat and whisk in the lime juice and zest. Set aside keep warm.

Place the prawn meat, tarragon, chervil and crème fraîche into a bowl and mix to combine. Season with salt and pepper. Place the gow gee wrappers on a clean work surface. Brush edges with water and top with prawn mixture. Fold over and press edges firmly to enclose. Cook ravioli in a large pot of boiling salted water for 8-10 minutes or until tender. Strain and divide between serving bowls, pour over the butter sauce and garnish to serve.

Blanca risotto with harissa grilled prawns and crispy baby kale



Ingredients

20 green Australian prawns, peeled and cleaned
1 tbsp harissa paste
100g butter
100ml olive oil
120g baby kale leaves
1 small brown onion, finely chopped
3 garlic cloves, finely chopped
250g Arborio rice
½ cup white wine
3 cups (750ml) hot vegetable stock, simmering
1/3 cup crème fraîche
½ cup parmesan, finely grated, extra to serve
finely grated zest of 1 lemon
lemon, to serve

Serves 4

Method

Place prawns, harissa paste and 1 tbsp of olive oil in a bowl and toss to combine. Refrigerate until ready to use.

Heat 2 tbsp olive oil in a wide casserole dish over medium- high heat. Add half baby kale and cook until crispy and slightly translucent. Remove and drain on paper towel. Repeat with the remaining baby kale.

Heat 1 tbsp of olive oil and half the butter over medium heat. Add onion and garlic & reduce to low heat and cook for 10-15 minutes until soft but not browned. Add rice and cook for 1 minute until rice is coated and slightly toasted. Add wine and stir until almost evaporated. Add hot stock a ladleful at a time, stirring continuously until stock is fully absorbed before adding another. Simmer for 18-20 minutes or until rice is al dente.

Remove from the heat and let risotto stand covered for 5 minutes.

Heat 1 tbsp of olive oil in a large non-stick saucepan over high heat. Add prawns to the pan in cook for 1 minute each side until golden and cooked through. Keep warm

Remove lid from risotto and add parmesan, crème fraîche, lemon zest and remaining butter & gently stir until creamy. Top with grilled prawns, crispy kale and fresh lemon to serve.

Prawn Laksa



Ingredients

20 large green prawns, body peeled, keeping tail and head intact
250g thin dried vermicelli noodles
2 tablespoons fried onion oil or vegetable oil
½ cup laksa paste
400ml can of coconut cream
1 ½ cups chicken stock
1 tbsp fish sauce
200g snow peas, trimmed
1 cup snow pea shoots
Coriander leaves and fresh lime to serve
Fried eschallots
10 eschallots, peeled and thinly sliced on a mandolin
150ml vegetable oil

Method

For fried eschallots, place sliced eschallots and oil in a heavy based frypan. Place pan over low heat and cook for 45 mins – 1 hr or until crispy. Strain eschallots and spread over a large tray lined with paper towel.

Cook rice noodles according to packet instructions. Drain and rinse under cold water. Set aside.

Heat a large pot or wok over medium high heat. Add the oil and laksa paste and cook for 3 minutes or until fragrant and paste is sticking slightly to the base of the pot or wok.

Add coconut cream, stock and fish sauce. Bring to the boil and simmer for 10 minutes allowing flavours to develop. Add prawns and snow peas, cooking for 3-5 minutes or until just cooked through. Divide noodles between bowls. Ladle over laksa. Top with pea shoots, herbs, fried eschallots and fresh lime.

SERVES 4

Australian Prawn and Fennel Risotto



Ingredients

20 large green Australian Prawns
2 tablespoons olive oil
3 baby fennel, chopped
2 cloves garlic, crushed
2 cups risotto rice
1 litre fish stock
50g butter, chopped
½ cup finely grated parmesan cheese, plus extra to serve
1 tablespoon finely grated lemon zest
Sea salt & freshly ground black pepper
Baby basil & rocket to serve

Method

Preheat the oven to 200 C. Heat oil in a large oven proof baking dish over medium heat. Add fennel & garlic & cook stirring for 3-4 minutes or until tender. Add the rice, stock & mix to combine. Cover with a tight fitting lid or aluminum foil & bake for 35 minutes. Peel the prawns, removing the head & vein. Remove risotto from the oven, stir in the prawns, cover & cook for a further 5-7 minutes or until the rice is al dente & prawns are cooked. Stir through the butter, parmesan & lemon zest, season with salt & pepper. Top with extra parmesan, basil & rocket salad to serve.

Creamy Australian Prawn Pot Pies with Minted Peas



Ingredients

20 large cooked Australian Prawns
40g butter
2 small leeks, white part only, thinly sliced
3 garlic cloves, crushed
2 tablespoons plain flour
2 ½ cups milk
¼ cup white wine
2 bay leaves
2 tablespoons dijon mustard
1 tablespoon finely grated lemon rind
2 tablespoons chopped parsley
½ cup finely grated parmesan
Sea salt flakes & cracked black pepper
4 sheets puff pastry
1 egg, lightly beaten
2 cups cooked peas, lightly crushed
2 tablespoons store bought mint jelly, plus extra to serve
1 tablespoon red wine vinegar
½ cup mint leaves

Method

Preheat oven to 200C.
Heat butter in a large non-stick frying pan over a medium heat.
Add leeks & garlic, cook stirring for 3-4 minutes or until light golden.
Add the flour & cook stirring for 1-2 minutes.
Whisk in the milk & wine gradually, ensuring the mixture has no lumps.
Add the bay leaves & mustard, bring to the boil & cook stirring for 3-4 minutes or until thickened.
Peel, devein & chop the prawns.
Add prawns, lemon, parsley & parmesan & divide mixture between 4 x 1 ½ cup-capacity ovenproof dishes.
Cut 4 rounds from the pastry using the ramekin as a guide.
Place pastry on top of ramekins & press to seal.
Brush with egg & bake for 10-15 minutes or until the pastry is flaky & golden.
Place the peas, mint jelly, vinegar & mint leaves into a small bowl & toss to combine.
Serve prawn pies with minted peas & extra mint jelly.

Australian Prawn & Sweet Corn Chowder with Cheddar Scones



Ingredients

Cheddar scones;

1 ½ cups self-raising flour
40g chilled unsalted butter, chopped
50g grated cheddar, plus extra for sprinkling
¾ cup buttermilk, plus extra for brushing
Sea salt & black cracked pepper

Chowder

20 green Australian Prawns
40g butter
3 cloves garlic, crushed
2 tablespoons plain flour
500g potatoes, peeled & chopped into small dice
1 litre fish stock
½ cup single cream
1 cup corn kernels
Creme fraiche & crispy chopped pancetta to serve
Baby chervil to serve

Method

Preheat the oven to 200C.

To make the cheddar scones:

Place flour & butter into a bowl & use your fingertips to mix in butter until it resembles fine breadcrumbs. Add the cheddar & buttermilk, season with salt & pepper & mix until just combined. Transfer to a floured surface & bring together. Roll out to 2 cm round & score into squares. Transfer to a lightly floured baking tray. Brush with extra buttermilk & sprinkle with extra cheddar. Bake for 20-25 minutes or until golden & cooked through. Set aside.

To make the chowder:

Heat butter in a large saucepan. Add garlic & cook for 1-2 minutes or until lightly browned. Add the flour & stir for 1 minute. Add potatoes & stock, bring to the boil stirring occasionally. Reduce heat & simmer for 10-12 minutes or until potatoes are cooked. Using a stick blender blend until smooth. Peel & devein the prawns, removing the tails. Return to saucepan & add the cream, corn & prawns & cook for a further 5 minutes or until the prawns are cooked.

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**

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.

Crispy deep fried prawn baguette with a fennel and buttermilk slaw



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 dressing; whisk together all the ingredients in a small bowl and refrigerate until ready to use. Place the prawns and buttermilk into a bowl and toss to coat. Refrigerate for 2 hours.

Preheat oil in a large wok or heavy based saucepan to 180°C. Combine flour, mustard powder, smoked paprika, crushed fennel seeds, garlic powder and baking powder in a shallow bowl and season well with salt and pepper. Working with one prawn at a time, lift out of the marinade and toss in the seasoned flour, shaking to remove excess. Then dip in eggwash and once more into the seasoned flour until well coated.

Deep fry in batches for 1-2 minutes or until golden and cooked through. Using a slotted spoon, transfer cooked prawns to a rack set over a baking tray to drain any excess oil.

Place the fennel, chives, dill and chervil in a bowl. Drizzle with buttermilk dressing and toss to combine.

Cut the baguettes lengthways and fill with cos leaves, coleslaw and crispy prawns.

Slice to serve.

Serves 4

Blanca risotto with harissa grilled prawns and crispy baby kale



Ingredients

20 green Australian prawns, peeled and cleaned
1 tbsp harissa paste
100g butter
100ml olive oil
120g baby kale leaves
1 small brown onion, finely chopped
3 garlic cloves, finely chopped
250g Arborio rice
½ cup white wine
3 cups (750ml) hot vegetable stock, simmering
1/3 cup crème fraîche
½ cup parmesan, finely grated, extra to serve
finely grated zest of 1 lemon
lemon, to serve

Method

Place prawns, harissa paste and 1 tbsp of olive oil in a bowl and toss to combine. Refrigerate until ready to use.

Heat 2 tbsp olive oil in a wide casserole dish over medium- high heat. Add half baby kale and cook until crispy and slightly translucent. Remove and drain on paper towel. Repeat with the remaining baby kale.

Heat 1 tbsp of olive oil and half the butter over medium heat. Add onion and garlic & reduce to low heat and cook for 10-15 minutes until soft but not browned. Add rice and cook for 1 minute until rice is coated and slightly toasted. Add wine and stir until almost evaporated. Add hot stock a ladleful at a time, stirring continuously until stock is fully absorbed before adding another. Simmer for 18-20 minutes or until rice is al dente. Remove from the heat and let risotto stand covered for 5 minutes.

Heat 1 tbsp of olive oil in a large non-stick saucepan over high heat. Add prawns to the pan in cook for 1 minute each side until golden and cooked through. Keep warm

Remove lid from risotto and add parmesan, crème fraîche, lemon zest and remaining butter & gently stir until creamy. Top with grilled prawns, crispy kale and fresh lemon to serve. Serves 4

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**

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.

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.

Pea & Australian Prawn Fritters with Labne & Mint



Ingredients

24 medium cooked Australian Prawns
1 cup self raising flour
½ tsp baking powder
2 eggs, lightly beaten
1 ¼ cups buttermilk
Sea salt & cracked black pepper
½ cup frozen peas, thawed
1 tbsp finely grated lemon rind
3 tbsp extra virgin olive oil
½ cup store-bought labne
Fresh mint & lemon wedges to serve

Method

Place the flour, baking powder, eggs & buttermilk into a bowl, season with salt & pepper, whisk until smooth.

Peel & devein prawns, halve lengthways.

Add peas, lemon & prawns, mix to combine.

Heat 1 tbsp oil in a large non-stick frying pan over a medium heat.

Cook ¼ cup of the mixture, in batches, for 2-3 minutes each side or until golden & cooked through, adding more oil in between batches.

Serve with labne, mint & lemon wedges.

Lemon Chilli Australian Prawn & Radicchio Pizza



Ingredients

12 large green Australian Prawns
2 tablespoons lemon zest
1 teaspoon chilli flakes
250g cherry tomatoes
Sea salt & freshly cracked black pepper
2 tablespoons olive oil, plus extra for brushing
2 x 125g fresh mozzarella, torn
¼ cup finely grated parmesan cheese
Torn radicchio to serve

Pizza dough

½ cup warm water
½ teaspoon caster sugar
2 teaspoons dry yeast
1 ¼ cups pizza flour or plain flour
½ teaspoon fine sea salt
1 tablespoon olive oil

Method

To make the pizza dough: Place the water, sugar & yeast into a jug & stir to combine. Set aside for 5 minutes or until bubbles appear. Place flour, salt & olive oil into a bowl, add yeast mixture & mix until well combined. Turn out onto a lightly floured surface & knead for 5-7 minutes. Return to a clean lightly oiled bowl & cover with a damp cloth. Set aside for 10-15 minutes or until doubled in size.

To make the pizza: Divide dough into two pieces & roll each piece out to a rectangle shape that will fit onto your grill plate. Preheat a char grill or barbecue over high heat. Peel & devein the prawns, leaving the tails intact or remove if desired. Place prawns, lemon, chilli, tomatoes & oil into a bowl. Season with sea salt & pepper & toss to coat. Cook for 4-5 minutes on the char grill turning until tomatoes are charred & prawns are just cooked. Brush dough with oil & place on char grill. You may need to cook in batches. Cook dough for 2-3 minutes or until charred, turn & brush with oil, top with the mozzarella, parmesan, prawns & tomatoes. Cook for another 2-3 minutes. Reduce heat & cook with barbecue lid down or place in a 200 C oven for another 5-7 minutes or until golden & crisp. Serve topped with torn fresh radicchio.

Garlic Prawn Pasta



Ingredients

24 medium green Australian prawns
400g spaghetti
80g butter
2 tablespoons olive oil
4 cloves garlic, sliced
2 teaspoons dried chilli flakes
1 lemon, zested
2 tablespoons lemon juice
¼ cup flat-leaf parsley leaves, chopped
Sea salt and cracked black pepper

Method

Peel the prawns and cut them in half lengthways.
Cook the pasta in a large saucepan of boiling salted water for 8-10 minutes or until al dente.
Drain reserving ¼ cup pasta water and keep warm.
Heat the butter and oil in a large frying pan over medium heat. Add the garlic, chilli and lemon zest.
Cook, stirring for 2 minutes or until golden.
Add the prawns and cook, stirring, for 2-3 minutes or until the prawns are tender.
Add the pasta, lemon juice, parsley and reserved pasta water.
Season with sea salt and freshly cracked black pepper and toss to combine.

Australian Prawn & Dill Tarts



Ingredients

18 cooked Australian Prawns
6 sheets frozen short crust pastry
250 ml cream
100 ml milk
1 tbsp lemon juice
4 eggs
1 tbsp chopped dill
Sea salt & freshly cracked black pepper
Creme fraiche, lemon & baby parsley to serve

Method

Preheat oven to 180 C.
Line the base & sides of six 10cm x 2cm fluted loose bottom tart tins with pastry, trim with a sharp knife.
Line the pastry with baking paper & fill with baking beans or rice.
Bake for 15 minutes or until light golden.
Remove paper & beans & cook pastry for another 5 minutes or until golden & cooked through.
Reduce oven to 160 C.
Peel, devein and chop prawns.
Place into a bowl with cream, milk, lemon juice, eggs and dill.
Season with salt and pepper and mix with a fork until combined.
Pour mixture into tart cases, cook for 15-20 minutes or until just set.
Serve with creme fraiche, lemon & parsley.

Roasted garlic and horseradish mayonnaise



Ingredients

10 garlic cloves
1 tablespoon olive oil
3 tablespoons fresh horseradish
 $\frac{3}{4}$ cup mayonnaise
2 teaspoons lemon juice
 $\frac{1}{4}$ teaspoon sea salt

Method

Place garlic in tin foil and drizzle with olive oil. Wrap to enclose and roast for 20 minutes or until golden. Allow to cool.
Place the garlic and remaining ingredients in a small food processor and process until smooth.

Makes 1 cup

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

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 - 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)

