



LOVE  
AUSTRALIAN  
PRAWNS



THE AUSSIE

# Hotpot

COOKBOOK





# *The Aussie Hotpot Cookbook.*

Asian flavours are brought to life with Aussie ingredients right at the table with a hotpot or steamboat.

Hotpot originates from China but is very popular throughout Asia with variations known as Shabu Shabu, Steamboat, Sukiyaki, Yao Hon, or Thai Suki. The concept is the same. A fragrant or spicy broth simmers in the centre of the table and you add the ingredients to cook right in front of you.

No-one misses out on the conversation while you cook Australian prawns, vegetables and delicacies to your own taste. A hotpot is ideal for a dinner party from three to a dozen people and is perfect to warm up those fresh autumn or winter nights.

Add extra flair with wontons, salt & pepper prawns and prawn balls as sensational sides - making it a dinner party to remember.

Hosting a hotpot dinner party is easier than preparing multiple courses for multiple people with someone stuck in the kitchen while everyone else has the fun. A little bit of prep beforehand then all the cooking (and conversation) is yours to enjoy right there at the table.





# Setting up a hotpot.

The first hotpots used coals in a bronze or earthenware pot to heat up the broth. Today, you can go all electric to keep it safe and fun. There are specialist electric hotpots with dual chambers for two styles of broth.

However the simplest, most economical option is to use an all-in-one electric wok.

Alternatively, keep the broth simmering at the table using a deep flat bottomed saucepan on a portable electric induction cooktop. There are no naked flames, the cooking surface remains cool to the touch when the pot is removed. If a magnet will stick to your pot base, it will work with an induction cooktop.

## SOME OPTIONS FOR A HOME HOTPOT.

- [Deluxe Electric Steamboat with grill](#)
- [Euro Chef Electric Induction cooktop](#)
- [Tillreda Induction cooktop from Ikea](#)
- [Bellini Induction cooktop from Target](#)
- [\\$29 Electric Wok from Target](#)



**An early bronze hotpot.**

Coals were added to the chamber at the bottom, heating a donut shaped broth bowl around the central chimney.



**Easy** - All in one electric wok.



**Portable induction cooktop** with pot.



**Deluxe** - electric hotpot with teppanyaki grill.



**Hotpot Strainers**  
(or just use tongs)

**IMPORTANT SAFETY ADVICE:** Avoid using naked flames such as gas camp heaters for your hotpot. When using an electric wok or induction cooker make sure the power lead does not become a tripping hazard. Ensure the lead is secure, out of the way or covered with a rug and the pot is in the centre of the table well away from curious little hands and fingers.





# Ginger and mushroom stock

The stock sets the base notes for all the flavours to come when you cook. Do you like it spicy or mild? Dial up or down the chillies to suit.

## INGREDIENTS

- 2 litres Asian stock or chicken stock
- 5 cm piece ginger, peeled and thinly sliced
- 2 long red chillies, halved
- 6 spring onions trimmed and cut into batons
- 6 fresh shiitake mushrooms

## METHOD

Prep Time: 5 Mins > Cooking Time: 15 Mins > Serves: 8-10 as part of a banquet

Place all ingredients in the hot pot and bring to the boil over high heat. Reduce heat and simmer for 10 minutes to allow flavours to infuse. Use the stock to cook the other ingredients at the table.







# The Hotpot Table

## INGREDIENTS

- 40 large green Australian prawns peeled, deveined with tails intact
- 200 g enoki mushrooms
- 200 g oyster mushrooms
- 1 bunch gailan (Chinese Broccoli or Chinese Kale)
- 100 g rice noodles
- 300 g tofu
- 1 bunch bok choy
- 2 cups bean sprouts
- 6 spring onions
- Togarashi (pepper) & salt to serve
- Store bought oyster sauce and chilli oil to serve
- Extra sauces and dressings (see recipes 6 and 7)

## METHOD

Chop gailan into palm sized pieces. Place all other ingredients into separate serving bowls (along with shallot and ginger oil, prawn balls, salt and togarashi pepper prawns and wontons). Use separate tongs/chopsticks for raw ingredients and removing cooked ingredients from hotpot.

Put the larger vegetables in first, then the noodles, tofu and other ingredients. The prawns will only need two minutes or less to cook. You know they are ready when they go light pink. Add extra broth to your bowl and season with sauces.







# Hot Pot Prawn Balls

Prep these beforehand and keep them in the coldest part of the fridge, then serve to be cooked in the hotpot.

## INGREDIENTS

- 600 g green Australian prawn meat, chopped
- 2 teaspoons grated ginger
- 1 teaspoon sesame oil
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon chilli flakes
- 2 spring onions, finely sliced

## METHOD

Prep Time: 20 Mins > Cooking Time: 9 Mins

Place prawn meat, ginger, sesame oil, salt and chilli flakes into a food processor and pulse until a coarse paste. Remove, place in bowl and stir through spring onion. Using wet hands, roll tablespoons full of mix into balls. Refrigerate until ready to use. Place prawn balls into steamboat at the table and cook 6-8 minutes or until cooked through. Serve with vegetables and noodles cooked in the hotpot and a little extra broth from the hotpot for your bowl.







# Salt and Togarashi Pepper Prawns

## INGREDIENTS

- 250 ml shaoxing wine
- 1 tablespoon finely grated ginger
- 1 kg green prawns, peeled, tails intact
- Vegetable oil for deep frying
- 150 g cornflour
- 2 tablespoons sea salt flakes, plus extra to serve
- 2 tablespoons togarashi, plus extra to serve

## METHOD

Prep Time: 15 Mins > Marinade time: 30 Mins > Cooking Time: 9 Mins > Serves: 8-10 as part of a banquet

Combine shaoxing wine and ginger in a bowl, add prawns and stand to marinate 30 minutes.

Drain prawns and pat dry with absorbent paper. Preheat oil in a wok to 190°C. Place cornflour, sea salt and togarashi in a bowl and toss to combine. Dust prawns with salt and pepper mixture, shake off excess and deep-fry in batches, stirring occasionally, until light golden and crisp 2-3 minutes. Drain on absorbent paper and serve with extra salt and pepper mix.







# Steamed Prawn Dumplings

## INGREDIENTS

### Makes 40 dumplings

- 1 garlic clove, finely chopped
- 1 green onion, finely chopped
- 1 cup of coriander, finely chopped plus extra to garnish
- 10 Chinese chives, finely chopped
- 2 dried shiitake mushrooms, rehydrated and finely chopped
- 2 pieces fresh wombok (Chinese cabbage) leaves, finely chopped
- 150 g Australian prawns, peeled and deveined, finely diced
- 1 teaspoon soy sauce
- ½ teaspoon sugar
- 2 teaspoons sesame oil
- 40 wonton wrappers

### Chilli Broth

- 200 ml chicken stock from steam boat
- ½ tablespoon oyster sauce
- 4 teaspoons chilli oil
- Micro red vein sorrel to serve

## METHOD

Prep Time: 30 Mins > Cooking Time: 8-10 Mins > Serves: 8-10 as part of a banquet

**To make dumpling mix:** place garlic, green onion, coriander, chives, mushrooms, wombok, prawns, soy, sugar and sesame oil into a bowl and mix to combine.

Working with 5 wonton wrappers at a time. Place 1 teaspoon of prawn mixture onto the centre of each wrapper, lightly wet all sides. Fold into a triangle and press to seal. Take corners of the triangle at the base and press together to seal. Repeat with remaining wonton wrappers and mixture.

Place wontons into the steam boat and cook for 8-10 minutes or until cooked and tender. Place into individual bowls and spoon over chilli broth and top with micro sorrel to serve.







## Shallot and Ginger Oil

### INGREDIENTS

- 2 spring onion finely diced
- 1 tablespoon finely grated ginger
- 2 tablespoons vegetable oil

### METHOD

Place all ingredients in a bowl and mix to combine.

## Fried Garlic and Black Vinegar

### INGREDIENTS

- 6 cloves garlic finely chopped
- Vegetable oil for frying
- $\frac{1}{4}$  cup black vinegar

### METHOD

Fry garlic in vegetable oil until golden. Serve in a small bowl with vinegar in a separate serving bowl. Spoon and sprinkle on food cooked from the hot pot.

