

PRAWN MOUSSE FILLED CALAMARI

EQUIPMENT

SMALL BLADED MIXER, PIPING BAG, SMALL FRYPAN, RUBBER SPATULA,
CHEF'S KNIFE, MIXING BOWL, PEELER, TOOTHPICK

INGREDIENTS

1 CLEANED FRESH CALAMARI TUBE, 4 GREEN KING PRAWNS, 50GM DICED RAW ATLANTIC SALMON,
SMALL KNOB OF GINGER, 2 SHALLOTS, ½ LONG RED CHILLI, 1 EGG,
80GM CREAM, CHOPPED CORIANDER, CUCUMBER, OLIVE OIL, SOY SAUCE, SESAME OIL, SALT

METHOD

ADD DICED SALMON, PRAWNS, CHILLI AND CORIANDER TO THE MIXER

HEAT A FRYPAN ADD A LITTLE OLIVE OIL AND A SPLASH OF SESAME OIL AND PAN FRY THE SHALLOTS OVER MEDIUM HEAT UNTIL GOLDEN

ADD THE SHALLOT MIX TO THE BLENDER AND MIX UNTIL JUST COMBINED, THEN ADD 1 EGG WHITE, SALT AND BLEND AGAIN BRIEFLY

SCRAPE DOWN THE SIDES OF THE MIXER AND ADD THE CREAM AND MIX BRIEFLY AGAIN UNTIL SMOOTH

TRANSFER THE MIX TO A PIPING BAG AND PIPE INTO THE CALAMARI TUBE UNTIL IT'S ¾ FULL AND SEAL WITH A TOOTHPICK

SEASON THE CALAMARI ON BOTH SIDES AND PLACE ON A PERFORATED BAKING TRAY LINED WITH BAKING PAPER, PLACE INTO A PRE HEATED
OVEN ON STEAM SETTING 70 DEGREES FOR 15 MINS

WHILE COOKING SHAVE THE CUCUMBER ADD SOME FRESH CHILL, CORIANDER SPRIGS, A SPLASH OF SOY, OLIVE OIL AND SALT AND SET ASIDE

WHEN THE CALAMARI HAS COOKED REMOVE FROM THE OVEN AND HEAT A FRYPAN TILL HOT ADD A LITTLE OLIVE OIL AND SEAR IT ON ONE SIDE
BRIEFLY UNTIL JUST COLOURED

PLACE THE CUCUMBER SALAD ON THE PLATE, SCORE THE CALAMARI AND SERVE ON TOP WITH SOME FRESH LIME

HINTS & TIPS

- USE ONLY FRESH CALAMARI FOR THIS RECIPE, FROZEN TUBES ARE NO GOOD, THEY ARE GENERALLY NOT CLEANED CORRECTLY AND FROZEN
CONTAINING A LOT OF WATER

- YOU CAN MAKE A FISH MOUSSE IN PLACE OF PRAWNS FOR SOMETHING A LITTLE CHEAPER

- STEAMING AT THIS TEMPERATURE ENSURES THE FILLING IS COOKED BUT ENSURES THE CALAMARI DOES NOT TOUGHEN UP DUE TO HIGH
TEMPERATURE

(DON'T BE TEMPTED TO COOK AT A HIGHER TEMPERATURE!)