

## PRAWN COCKTAIL

### EQUIPMENT

MIXING BOWLS, WHISK, BAMBOO SKEWERS, CHEF'S KNIFE, BLADED MIXER OR BLENDER

### INGREDIENTS

8-12 GREEN KING PRAWNS, 100GM MAYONNAISE, COS LETTUCE HEARTS, 20GM TOMATO SAUCE, 5GM WORCESTERSHIRE SAUCE, 5-10GM TABASCO SAUCE, 2GM CAYENNE PEPPER OR HOT SMOKED PAPRIKA, ½ AVOCADO, LEMON, SALT, 15 PARSLEY LEAVES, OLIVE OIL, ICE

### METHOD

FOR THE COCKTAIL SAUCE; MIX WORCESTERSHIRE, TABASCO AND TOMATO SAUCE WITH THE MAYONNAISE, ADD CAYENNE PEPPER, SALT AND A SQUEEZE OF LEMON. MIX WELL CHECK SEASONING AND SET ASIDE.

FOR THE AVOCADO PUREE; PLACE AVOCADO, SALT A SQUEEZE OF LEMON AND 10GM OLIVE OIL IN A BLENDER AND BLEND ON HIGH SPEED TILL SMOOTH, ADD A LITTLE MORE OIL IF NEEDED AND A SPLASH OF WARM WATER TO ACHIEVE A SMOOTH THICK PUREE  
CHECK SEASONING AND SET ASIDE

WASH THE COS LETTUCE HEARTS AND SET ASIDE

FOR THE PRAWNS; STRAIGHTEN THE PRAWNS IN YOUR HAND AND TWIST THE HEAD, YOU SHOULD SEE THE INTESTINAL TUBE, PULL THE HEAD AND INTESTINAL TUBE AWAY GENTLY FROM THE BODY AS ONE PIECE

LEAVE THE REMAINING SHELL ON THE PRAWN AND PLACE A SKEWER THROUGH THE MIDDLE OF THE BODY OF THE PRAWN SO THE PRAWN BECOMES STRAIGHT

PLACE ON A PERFORATED STEAM TRAY LINED WITH BAKING PAPER AND PLACE IN A PRE-HEATED OVEN STEAM SETTING 57 DEGREES FOR 25 MINS

ONCE COOKED REMOVE PRAWNS AND PLACE IN A BOWL OF ICED WATER TO COOL

REMOVE THE SKEWER AND THE SHELL, PLACE PRAWNS IN A MIXING BOWL WITH CHOPPED PARSLEY, OLIVE OIL AND SEASONING

ARRANGE COS LEAVES ON A PLATTER WITH LEMON WEDGES AND PLACE A LITTLE AVOCADO PUREE ON EACH LEAF, TOP WITH A PRAWN AND A LITTLE COCKTAIL SAUCE AND SERVE

### HINTS & TIPS

- ENSURE YOUR PRAWNS ARE SUPER FRESH, THE DAY YOU PURCHASE THEM IS THE DAY YOU SHOULD COOK THEM. THEY DO NOT KEEP WELL ESPECIALLY WITH THE HEADS STILL ATTACHED
- IF YOU GET EXTRA LARGE PRAWNS THEY MAY REQUIRE LONGER COOKING THE INTERNAL TEMPERATURE NEEDS TO BE MINIMUM 57 DEGREES
- THIS IS AN ALL TIME FAVOURITE AND THERE ARE MANY WAYS TO SERVE IT. THE METHOD WE HAVE USED IS MORE FOR A SHARING CANAPÉ TYPE SITUATION. BE ADVENTUROUS TRY ANY METHOD OF PRESENTATION EVEN THE OLD SCHOOL PRAWN COCKTAIL IN A GLASS CAN BE COOL AND RETRO.