

STEAMED KING PRAWNS WITH ZESTY CORN SALSA

EQUIPMENT

PERFORATED BAKING TRAY, BAMBOO SKEWERS, CHEF'S KNIFE, SMALL MIXING BOWL

INGREDIENTS

3 LARGE PEELED KING PRAWNS, 1 COB OF CORN, ¼ SPANISH ONION, ¼ RED CAPSICUM, ½ LEBANESE CUCUMBER, ½ LIME, ¼ LONG RED CHILLI, 5 SPRIGS CORIANDER, EXTRA VIRGIN OLIVE OIL, SALT FLAKES

METHOD

REMOVE THE HUSK FROM THE CORN AND PLACE THE COB ONTO A PERFORATED BAKING TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 7 MINUTES.

PLACE A BAMBOO SKEWER THROUGH THE MIDDLE OF EACH PRAWN GOING DOWN THE LENGTH OF THE PRAWN AND SET ASIDE.

FINELY DICE THE SPANISH ONION, CUCUMBER SKIN AND CAPSICUM AND PLACE ALL THE INGREDIENTS INTO A SMALL MIXING BOWL. FINELY CHOP THE CHILLI AND CORIANDER AND ADD TO THE OTHER SALSA INGREDIENTS IN THE MIXING BOWL.

ADD THE JUICE OF ¼ OF A LIME TO THE SALSA WITH A SPLASH OF EVOO AND SALT FLAKES, TOSS THE SALSA WELL AND SET ASIDE.

ONCE COOKED REMOVE THE CORN FROM THE OVEN AND SET IT ASIDE. PLACE A SHEET OF BAKING PAPER ON THE PERFORATED TRAY AND THE PRAWNS ON TOP. SEASON THE PRAWNS WITH SALT AND EVOO. PLACE ANOTHER SHEET OF PAPER ON TOP OF THE PRAWNS AND PLACE THEM INTO THE OVEN STEAM SETTING 70°C FOR 8 MINUTES.

CUT THE KERNELS AWAY FROM THE COB OF CORN AND ADD THEM TO THE SALSA, MIX THE SALSA WELL AND ADJUST THE SEASONING IF REQUIRED.

SPOON SOME SALSA INTO THE MIDDLE OF A SERVING PLATE AND ONCE COOKED PLACE THE PRAWNS ON TOP OF THE SALSA, SCATTER OVER A FEW EXTRA CORIANDER LEAVES AND A DRIZZLE OF EVOO AND SERVE.

HINTS & TIPS

- THE DAYS OF COOKING PRAWNS IN A POT OF BOILING WATER ARE NOW OVER. LOWER TEMPERATURE COOKING OF PRAWNS WILL ENSURE THEY ARE TENDER AND JUICY AND NOT LIKE THE RUBBER PRAWNS OF DAYS PAST.

- THIS IS GREAT SERVED AS A SUMMER ENTRÉE, LIGHT, REFRESHING AND EASY TO PREPARE.