

INSPIRASIE RESEPTE

• Pasch du Plooy

SEAFOOD

Prawns can be intimidating to cook. But it is actually very simple and can be done very easily and very deliciously with this easy recipe. Prawns are classed by a numbers system which indicates the size. The numbers indicates the number of prawns per kg. For instance, 16-20 means that there will be between 16 to 20 prawns in a box of 1 kg. The more prawns per box, the smaller the prawns will be and the other way around.

Preparation time – 30 minutes | Cooking time – 10 minutes | Serving – 4 people

Ingredients for the prawns

1 kg 16 – 20 prawns, veins removed, 4 teaspoons fine salt, Black pepper
4 tbs smoked paprika, 2 cloves garlic, finely chopped, Juice and zest of 1 lemon
Ingredients for the Aromatic herb butter, 250g butter, at room temperature
¼ cup parsley, chopped, ½ cup coriander, chopped, 2 sprigs thyme picked
4 clove garlic, crushed, 1 lemons, juice and finely grated zest
1 teaspoon Maldon salt, 1 teaspoon chilli flakes,
½ teaspoon coarse ground black pepper, 1 teaspoon curry powder

Method for the aromatic herb butter

Mix all ingredients in a blender and blend until well combined. Remove the butter from the blender into a container. Place in fridge until needed. Remove from fridge 1 hour before needed.

Method for the prawns

Place the prawns in a large plate or tray. Cover the prawns with the garlic, oil, paprika, lemon juice and lemon zest. Now season with salt and pepper on both sides. Heat a large heavy based pan over medium heat until well heated. Add little oil to the pan and then place your prawns in the pan. Don't overcrowd the pan, make sure there is enough space between each prawn for the water to evaporate. Cook for 30-45 seconds on each side. The prawns should be pink all around. Repeat for all the prawns. Remove onto serving platter. Cover the prawns with generous spoons of the herb butter and serve hot.

How to serve

Serve your prawns with lemon steamed rice or French fries, fresh lemon and bread to soak up the aromatic butter.

Chef's notes

The best way to cook prawns is directly from the freezer. Don't defrost prawn to long before cooking at this will cause the prawn to go soft and mushy.



INKLEUR PRENT VIR ONS KLEUTERS



Maak jou eie kerskaartjie

