



1. Hot and Spicy Prawns

3 tbl. low sodium soy sauce
1 tbl. cornstarch
1 tbl. rice vinegar
1 tbl minced, peeled fresh ginger
1/4 tsp. crushed red pepper
1 pound prawns
1 cup coarsely chopped green onions
3 cloves minced garlic
3/4 cup sliced red bell peppers
3/4 cup sliced yellow bell peppers
2 tbl. fresh lemon juice
1/2 tsp. white pepper
1/4 tsp. salt
4 cups hot, cooked rice

1. Combine first five ingredients in a medium bowl, add prawns
2. Cover and marinate in refrigerator for 30 minutes
3. Heat oil in a large not-stick skillet over medium heat, add onions, ginger, and garlic. Saute one minute stirring constantly.
4. Add shrimp mixture, and saute two minutes
5. Stir in bell peppers, lemon juice, white pepper, and salt. Cook 1.5 minutes or until prawns are done. Serve over rice.



2. Cane-Charred Prawns

Serves 4.

Cane-Charred Marinade:

1 cup olive oil
1/4 cup cane syrup or dark corn syrup
1/2 cup white wine
3 shallots, chopped fine
juice of 1 lemon
1/4 tsp. Tabasco sauce
1/2 tsp. dried rosemary
1/2 tsp. dried thyme

Combine the oil, cane syrup, wine, shallot, lemon juice, Tabasco, rosemary, and thyme in a shallow dish.

1 lb. large prawns, peeled and divined

4 large sprigs rosemary, soaked in oil

Thread the shrimp onto the rosemary sprigs and marinate for 15 to 20 minutes in the mixture. Remove the sprig skewers and place them on the grill until the shrimp are lightly charred, about 2 minutes. Move them to medium heat to finish cooking, about 4 to 8 minutes.

Garnish with the lemon slices.

3. Prawns with Mushrooms



4 oz. Butter
1/4 cup Green Onions
1 1/2 Tbsp. Seasoning Mix

Quickly saute in hot skillet

1 1/2 lbs. Large prawns
8 oz. 1/4" sliced Mushrooms

Add - cook until shrimp are firm

1/4 cup Shrimp Stock

Add stir into mixture

4 Tbsp. firm Butter
3 Tbsp. chopped fresh Parsley
2 Tbsp. Shrimp Stock

Add and shake pan until incorporated
Serve at once in Puff shells w/ Lime wedges

Seasoning Mix

1 part Oregano
2 parts Thyme
2 parts Basil
4 parts Pepper (black & white)
4 parts Red Pepper
4 parts Garlic
6 parts Salt



4. Stuffed Prawns

5 lbs. Prawns

Peel, devein, leave tail section on and butterfly on belly

2 lbs. cooked, boiled, and chopped prawns
2 lbs. butter-softened
Salt
Red Pepper
Juice of Half Lemon
1 tsp. Garlic
1 Tbsp. Parsley
1 cup fresh Bread Crumbs

Mix all together
Stuff into butterflied belly of shrimp
Broil until golden

5. Oven-Roasted Prawns



3 tomatoes, halved
10 garlic cloves
2 slices crusty bread
1 cup Pecans
1 pimento or roasted red pepper
1/2 cup red wine vinegar
3/4 cup olive oil
1 teaspoon paprika
2 teaspoons kosher salt
3 tablespoons olive oil
2 pounds prawns, shelled, tails removed, heads on

Preheat oven to 450 degrees F.

Arrange the tomatoes, garlic, bread, and nuts on a baking sheet; roast for 10 to 15 minutes.

Transfer to a food processor and pulse to roughly break up. Add the pimentos, vinegar, oil, and paprika. Pulse again until well combined, add salt. This sauce is best if allowed to rest so the flavors can meld (may be made a day in advance).

Heat oil to almost smoking in a large skillet or roasting pan. Toss the prawns in half the sauce to coat, and pan sear the shrimp quickly in the oil just until barely opaque. Then roast for 10 to 12 minutes in a 450 degree F oven. Serve the remaining sauce on the side for dipping.

Yield: 8 servings

6. Panfried Spiced Prawns



1/2 teaspoon salt
1/2 teaspoon fresh black pepper
1 teaspoon ground cumin
1 teaspoon paprika
8 ounces medium prawns in the shell, washed
2 tablespoons olive oil
1 red jalapeno chile, stemmed, seeded and julienned
1 large scallion, trimmed and thinly sliced on the diagonal
1 garlic clove, thinly sliced
Juice of 1 lime

Combine the salt, pepper, cumin and paprika in a bowl. Add the shrimp and toss to coat evenly. Heat the oil in a large skillet over high heat. Saute the shrimp 1 to 2 minutes. Toss in the jalapeno or bell pepper, scallion and garlic and cook 1 minute longer. Remove from the heat, stir in the lime juice and serve.



7. Roasted Catfish Stuffed Prawns

Yield: 8 servings

16 prawns, butterflied, shell on
2 pounds Catfish stuffing mixture
1 quart hot and sour vinaigrette
3 English cucumbers, julienned and seeds removed
1 red pepper, brunoise
1 yellow pepper, brunoise
1 green pepper, brunoise
1 tablespoon ginger, chopped
1 teaspoon shallot, chopped
1 teaspoon garlic, chopped
2 tablespoons mint, chopped
2 tablespoons cilantro, chopped
1 cup Hollandaise

Preheat oven to 500 degrees. Stuff 1 tablespoon of catfish mixture into each prawn. Place prawns on sheet pan with 2 ounces in water on pan. Cook for approximately 5 minutes.

Meanwhile, bring vinaigrette to a boil. Add cucumbers until slightly wilted. Remove from pan and keep warm. Add peppers, ginger, shallot and garlic and reduce sauce slightly. Add mint and cilantro.

Place cucumber julienne in center of plate. Add prawns in center. Top each prawn with 1 tablespoon of hollandaise. Finish by spooning vinaigrette around plate.



8. Vatapa

yield: 6

1/2 cup peeled, sliced fresh ginger
1 Tbsp. paprika
2 Tbsp. key lime juice
Puree in food processor

3 Tbsp. olive oil
6 cups onions, diced
6 cloves garlic, minced
3 hot peppers, minced (no seeds)
1 tsp. Cayenne
Saute onions for 10 minutes in hot oil.
Then add ginger puree, garlic, peppers,
and cayenne
Cook 3 more minutes

1 1/3 cups diced plum tomatoes, canned
1/2 cup tomato juice (from above can)
1/2 cup canned coconut cream
Cook 3 more minutes

1/2 cup dry roasted cashews, ground
1/4 cup toasted unsweetend coconut, ground
1/8 cup chopped fresh cilantro
Cook 3 more minutes
Puree in food processor
Return to saucepan

1 1/2 cups diced tomatoes
1/8 cup chopped fresh cilantro
1/2 cup ground prawns (cooked)
2 1/2 cups shrimp stock (thickened with 1/4 cup cornstarch)
Adjust for sweetness with canned coconut cream
Keep hot for service

3 Tbsp. olive oil
3 pounds peeled and deveined prawns

Saute until done
Add to sauce

Garnish at service with
Toasted Coconut
Cashews
Cilantro



9. Warm Poached Prawns

Yield: 4 to 6 servings

COURT BOUILLON:

2 cups dry white wine
2 tablespoons white wine vinegar
2 carrots, chopped
2 onions, chopped
2 ribs celery, chopped
6 sprigs parsley
10 peppercorns, crushed
Salt and freshly ground black pepper

Herb Oil:

1/3 cup extra virgin olive oil
1 tablespoon chopped fresh parsley
2 teaspoons chopped fresh thyme
2 teaspoons chopped fresh chives
Salt and freshly ground black pepper
18-24 prawns, deveined
Lemon wedges, for garnish

Prepare the court bouillon by combining all the ingredients in a large pot, along with 1 quart of water. Bring to a boil, reduce the heat and simmer 30 minutes. Strain the liquid, return to pot and bring back to a simmer.

Meanwhile, combine the herb oil, parsley, thyme, chives, salt, and pepper, and set aside.

Add the prawns to the court bouillon, and poach until just cooked, 3 to 4 minutes. Pull the prawns out and cut the tails in half, lengthwise.

Arrange the warm prawns on a platter and drizzle with the herb oil.
Serve warm with the lemon wedges.



10. Marinated Grilled Prawns

Yield: 4 servings

1/2 cup lemon juice
1 tablespoon finely chopped garlic
2 teaspoons finely chopped ginger
16 jumbo prawns, shelled and deveined

Whisk together the lemon juice, garlic and ginger. Place prawns in a shallow baking dish and cover with the marinade. Let sit 15 minutes.

Drain and pat the prawns dry.

1/2 cup plain yogurt
1/4 cup heavy cream
1/4 cup finely chopped red onion
1 tablespoon crushed garlic
1 teaspoon finely chopped ginger
1 tablespoon lemon juice
1/4 teaspoon ground turmeric
1 teaspoon chile powder
1/2 teaspoon garam masala
1/2 teaspoon white pepper
4 metal or wooden skewers that have been soaked

Mix together all ingredients. Place prawns back in the baking dish and cover with the marinade. Cover with plastic wrap and refrigerate for 1 hour.

Thread 4 shrimp on a skewer and grill for 3 to 4 minutes on each side.

Cary Sutphin